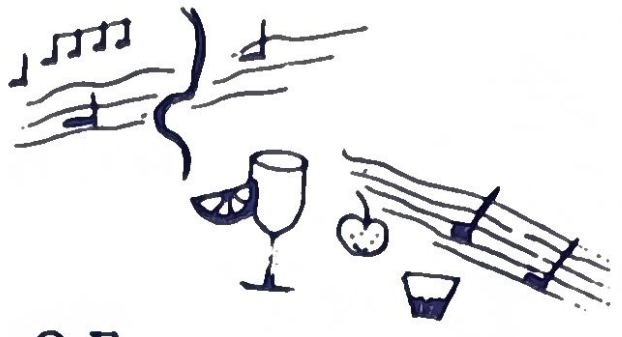
BI CENTENNIAL RECIPES

McLaughlin
5065

NAVY MOTHERS CLUBS OF AMERICA, INC.

TAHOMA NAVY MOTHERS

CLUB #20



A BOOK OF

FAVORITE

Recipes

Compiled by

TAHOMA NAVY MOTHERS CLUB

TACOMA, WASHINGTON

1976

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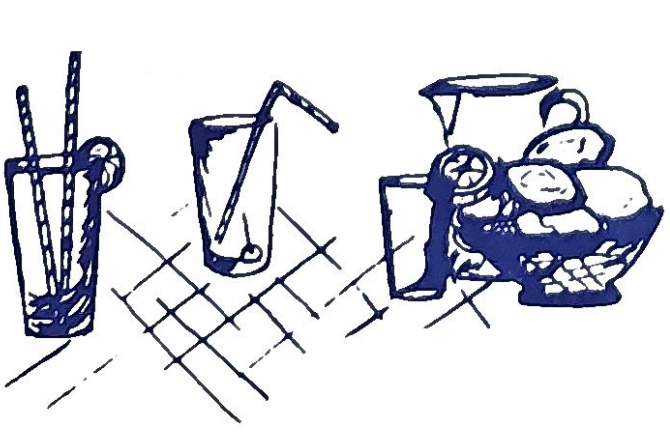

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Basic Kitchen Information

Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

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FIRST AID, STAIN CHART and MISCELLANEOUS INFORMATION

EQUIVALENTS

3 tsps.	1 tbsp.
4 tbsps.	¼ cup
5⅓ tbsps.	⅓ cup
8 tbsps.	½ cup
10⅔ tbsps.	⅔ cup
12 tbsps.	¾ cup
16 tbsps.	1 cup
½ cup	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder
1 cup = 5½ ozs.

Cheese, American
1 lb. = 2⅔ cups cubed

Cocoa
1 lb. = 4 cups ground

Coffee
1 lb. = 5 cups ground

Corn meal
1 lb. = 3 cups

Cornstarch
1 lb. = 3 cups

Cracker crumbs
23 soda crackers = 1 cup
15 graham crackers = 1 cup

Eggs
1 egg = 4 tbsps. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour
1 lb. all-purpose = 4 cups
1 lb. cake = 4½ cups
1 lb. graham = 3½ cups

Lemons, juice
1 medium = 2 to 3 tbsps.
5 to 8 medium = 1 cup

Lemons, rind
1 lemon = 1 tbsp. grated

Oranges, juice
1 medium = 2 to 3 tbsps.
3 to 4 medium = 1 cup

Oranges, rind
1 = 2 tbsps. grated

Gelatin
3¼ oz. pkg. flavored = ½ cup
¼ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter
1 lb. = 2 cups

Sugar
1 lb. brown = 2½ cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = 3½ cups

One ingredient for another

For these	You may use these
1 whole egg, for thickening or baking	2 egg yolks. Or 2 tablespoons dried whole egg plus 2½ tablespoons water.
1 cup butter or margarine for shortening	⅞ cup lard, or rendered fat, with ½ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with ½ teaspoon salt.
1 square (ounce) chocolate	3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 teaspoon double-acting baking powder	1½ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
Sweet milk and baking powder, for baking	Equal amount of sour milk plus ½ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
1 cup sour milk, for baking	1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or 1¾ teaspoons cream of tartar.
1 cup whole milk	½ cup evaporated milk plus ½ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.
1 cup skim milk	4 tablespoons nonfat dry milk plus 1 cup water.
1 tablespoon flour, for thickening	½ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
1 cup cake flour, for baking	⅞ cup all-purpose flour.
1 cup all-purpose flour, for baking breads	Up to ½ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE

FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.

FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.

FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.

FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.

FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.

FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.

FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE

Basil

FOUND IN India, Western Europe, United States

IT IS member of mint family with leaves 1½" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.

AVAILABLE whole; ground.

Bay Leaf

FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.

AVAILABLE as whole leaf.

Chervil

FOUND IN France, United States.

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.

AVAILABLE whole; ground.

Oregano

FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.

AVAILABLE whole; ground.

Mint

FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.

AVAILABLE whole (dried); flaked; as fresh sprigs.

Rosemary

FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.

AVAILABLE whole; ground.

Marjoram

FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.

AVAILABLE whole; ground.

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT—UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.

Geese—Same as turkey of similar weight.
Duck—Same as heavy chicken of similar weight.

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

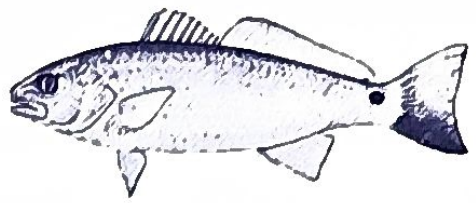
Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	3/4 lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total

Sea Food COOKERY



	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL – OCT.
BUTTERFISH	2	3		1	APRIL – DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. – NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPER		1			NOV. – APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. – JUNE
LAKE TROUT	3	1		2	APRIL – NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE – OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. – MAY
SHAD	2	1		3	DEC. – JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. – MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV.– APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL – JAN.
SUNFISH	2			1	APRIL – OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL – NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL – NOV.
WHITING			1		MAY – DEC.
WHITEFISH	2	1		3	APRIL – DEC.

HOW TO COOK – 1 EXCELLENT 2 GOOD 3 FAIR

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, *in*

- Meat and vegetable pie
- Soup
- Stew
- Stuffed peppers
- Stuffed tomatoes
- Vegetables in cheese sauce

Cooked leafy vegetables, chopped, *in*

- Creamed vegetables
- Soup
- Meat loaf
- Meat patties
- Omelet
- Souffle

Cooked or canned fruits, *in*

- Fruit cup
- Fruit sauces
- Jellied fruit
- Quick breads
- Shortcake
- Upside-down cake
- Yeast breads

Cooked meats, poultry, fish, *in*

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

Cooked wheat, oat, or corn cereals, *in*

- Fried cereal
- Meat loaf or patties
- Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, *in*

- Casseroles
- Meat or cheese loaf
- Timbales

Bread

- Slices, *for*
  - French toast
- Dry crumbs, *in*
  - Brown betty
  - Croquettes
  - Fried chops
- Soft crumbs, *in*
  - Meat loaf
  - Stuffings

Cake or cookies, *in*

- Brown betty
- Ice-box cake
- Toasted, with sweet topping, for dessert

Egg yolks, *in*

- Cakes
- Cornstarch pudding
- Custard or sauce
- Pie filling
- Salad dressing
- Scrambled eggs

Egg whites, *in*

- Custard
- Fruit whip
- Meringue
- Souffles

Hard-cooked egg or yolk, *in*

- Casserole dishes
- Garnish
- Salads
- Sandwiches

Sour cream, *in*

- Cakes, cookies
- Dessert sauce
- Meat stews
- Pie filling
- Salad dressing
- Sauce for vegetables

Sour milk, *in*

- Cakes, cookies
- Quick breads

Cooked potatoes, *in*

- Croquettes
- Fried or creamed potatoes
- Meat-pie crust
- Potatoes in cheese sauce
- Stew or chowder

Quantities to Serve 100 People

COFFEE	— 3 LBS.	
LOAF SUGAR	— 3 LBS.	
CREAM	— 3 QUARTS	
WHIPPING CREAM	— 4 PTS.	
MILK	— 6 GALLONS	
FRUIT COCKTAIL	— 2 1/2 GALLONS	
FRUIT JUICE	— 4 NO. 10 CANS	(26 LBS.)
TOMATO JUICE	— 4 NO. 10 CANS	(26 LBS.)
SOUP	— 5 GALLONS	
OYSTERS	— 18 QUARTS	
WEINERS	— 25 LBS.	
MEAT LOAF	— 24 LBS.	
HAM	— 40 LBS.	
BEEF	— 40 LBS.	
ROAST PORK	— 40 LBS.	
HAMBURGER	— 30—36 LBS.	
CHICKEN FOR CHICKEN PIE	— 40 LBS.	
POTATOES	— 35 LBS.	
SCALLOPED POTATOES	— 5 GALLON	
VEGETABLES	— 4 NO. 10 CANS	(26 LBS.)
VEGETABLES	— 4 NO. 10 CANS	(26 LBS.)
BAKED BEANS	— 5 GALLON	
BEETS	— 30 LBS.	
CAULIFLOWER	— 18 LBS.	
CABBAGE FOR SLAW	— 20 LBS.	
CARROTS	— 33 LBS.	
BREAD	— 10 LOAVES	
ROLLS	— 200	
BUTTER	— 3 LBS.	
POTATO SALAD	— 12 QUARTS	
FRUIT SALAD	— 20 QUARTS	
VEGETABLE SALAD	— 20 QUARTS	
LETTUCE	— 20 HEADS	
SALAD DRESSING	— 3 QUARTS	
PIES	— 18	
CAKES	— 8	
ICE CREAM	— 4 GALLONS	
CHEESE	— 3 LBS.	
OLIVES	— 1 3/4 LBS.	
PICKLES	— 2 QUARTS	
NUTS	— 3 LBS. SORTED	

To serve 50 people, divide by 2
To serve 25 people, divide by 4

fillings make the sandwich

how to make
26
new fillings

QUANTITY AND FAMILY SIZE RECIPES

for lunch boxes

for outdoor eating

HAWAIIAN HAM SANDWICH

		6 SERVINGS	24 SERVINGS
Mix Well	Ground ham	1 cup	1 quart
	Drained crushed pineapple	½ cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	¼ cup
	Cloves	⅛ teaspoon	½ teaspoon

O'HARA'S SANDWICH

Mix Well	Corned beef, chopped	1 cup	1 quart
	Chopped onion	¼ cup	1 cup
	Chopped Kosher pickle	¼ cup	1 cup
	Tomato juice	¼ cup	1 cup

TANGY TONGUE SANDWICH

	Sliced tongue	¾ pound	3 pounds
Mix Well	Cream cheese, softened	3-oz. package	¾ pound
	Horseradish	1 tablespoon	¼ cup

CHEESE PIMIENTO SANDWICH

Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	½ cup
	Salad dressing	2 tablespoons	½ cup

EAST COAST SANDWICH

		6 SERVINGS	24 SERVINGS
Mix Well	Frankfurters, thinly sliced	3	12 (1½ lbs.)
	Baked beans	½ cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	½ cup
	Chili sauce	1 tablespoon	¼ cup

ALL AMERICAN FAVORITE

Sliced roast beef	¾ pound	3 pounds
Sliced sweet onion	1 onion	4 onions

STUDDED PEANUT BUTTER SANDWICH

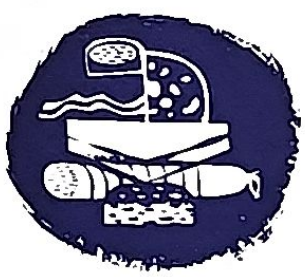
Mix Well	Peanut butter	¾ cup	3 cups
	Diced crisp bacon	¼ cup (8 slices)	1 cup (about 1½ lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

		6 SERVINGS	24 SERVINGS
LIVER SAUSAGE SALAD SANDWICH			
Mix Well	Liver sausage	½ pound	2 pounds
	Chopped celery	¼ cup	1 cup
	Chopped sweet pickle	¼ cup	1 cup
	Chopped onion	1 tablespoon	¼ cup
	Hard cooked egg, chopped	1	4
	Salad dressing	3 tablespoons	¾ cup
TASTY TREAT HAMBURGER			
	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1½ pounds)
Mix Well	Ground beef	¾ pound	3 pounds
	Chopped onion	¼ cup	1 cup
	Chili sauce	2 tablespoons	½ cup
	Worcestershire sauce	½ teaspoon	2 teaspoons
	Salt and pepper to taste		
SPICY HAM SANDWICH			
	Sliced boiled ham, simmered 15 minutes with:	¾ pound	3 pounds
	Tomato sauce	1 cup (8-oz. can)	1 quart
	Cloves	⅛ teaspoon	½ teaspoon



FOR SMALL FRY

		6 SERVINGS	24 SERVINGS
BANANA PEANUT BUTTER WINNER			
	Peanut butter	¾ cup	3 cups
	Banana, sliced	3 medium	12 medium
SUNSHINE SPECIAL			
Mix Well	Chopped dates	1 cup	1 quart
	Shredded carrots	1 cup	1 quart
	Chopped nuts	½ cup	2 cups
	Salad dressing	½ cup	2 cups
CALIFORNIA DELIGHT			
Mix Well	Peanut butter	¾ cup	3 cups
	Orange juice	½ cup	2 cups
	Shredded orange rind	1 tablespoon	¼ cup
	Shredded coconut	½ cup	2 cups
APPLE CHEESE TOASTY			
	Apple sauce, topped with:	½ cup	2 cups
	American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

		6 SERVINGS	24 SERVINGS
CREAM CHEESE CRUNCH			
Mix Well	Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
	Diced crisp bacon	¼ cup (8 slices)	1 cup
	Sliced stuffed olives	½ cup	2 cups
CANADIAN DOUBLE DECKER			
	First Layer—		
	Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)
	Tomato, sliced	1 medium (6 slices)	4 medium 24 slices
	Second Layer—		
	Fried Canadian bacon	6 slices	24 slices (1½ pounds)
CHAMPION TWO STORY			
	First Layer—		
	Sliced cooked chicken	½ pound	2 pounds
	Second Layer—		
Mix Well	Hard cooked eggs, chopped	4	16
	Chopped celery	2 tablespoons	½ cup
	Chopped olives	2 tablespoons	½ cup
	Chopped sweet pickle	1 tablespoon	¼ cup
	Salad dressing	2 tablespoons	½ cup
	Prepared mustard	2 teaspoons	3 tablespoons

		6 SERVINGS	24 SERVINGS
CHICKEN WALDORF SANDWICH			
Mix Well	Cooked, diced chicken	1 cup	1 quart
	Chopped celery	½ cup	2 cups
	Chopped apple	½ cup	2 cups
	Chopped nuts	¼ cup	1 cup
	Salad dressing	3 tablespoons	¾ cup

SANDWICHES

for hearty lunching

QUANTITY AND FAMILY SIZE RECIPES

OPEN FACE

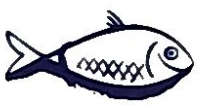
Arrange ingredients on buttered bread in order listed. Place under broiler about 10 minutes or until toasted.

ROYAL LIVER SAUSAGE SANDWICH	6 SERVINGS	24 SERVINGS
Liver sausage	½ pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (¼ pound)	1 pound (24 slices)

FRANKFURTER CHEESE GRILL		
Frankfurters, sliced lengthwise	6 (about ¾ pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

SEAFOOD SUPREME		
Crabmeat salad:		
Mix Well: Flaked crabmeat	1 cup	1 quart
Mix Well: Chopped green pepper	¼ cup	1 cup
Mix Well: Salad dressing	3 tablespoons	¾ cup
Mix Well: Lemon juice	1 tablespoon	¼ cup
Tomato, sliced	1 medium (6 slices)	4 medium
American cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

CHEF'S CHICKEN SANDWICH		
Sliced cooked chicken	½ pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1½ cups	1½ quarts



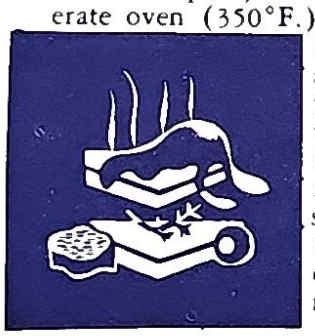
TUNA SOUFFLE SANDWICH	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can	6 cups (3 13-ounce cans)
Chopped celery	¼ cup	1½ cups
Chopped green pepper	¼ cup	1½ cups
Shredded American cheese	½ cup	3 cups (¾ pound)
Eggs, beaten	3	1½ dozen
Milk	1½ cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	⅛ teaspoon	¾ teaspoon

ROCKY MOUNTAIN SANDWICH	6 SERVINGS	24 SERVINGS
Mix Well: Eggs, scrambled	6	2 dozen
Mix Well: Sausage meat, browned	¼ pound	1 pound
Mix Well: Chopped onion	¼ cup	1 cup
Mix Well: Chopped green pepper	¼ cup	1 cup
Mix Well: Salt and pepper to taste		

BAKED SANDWICHES

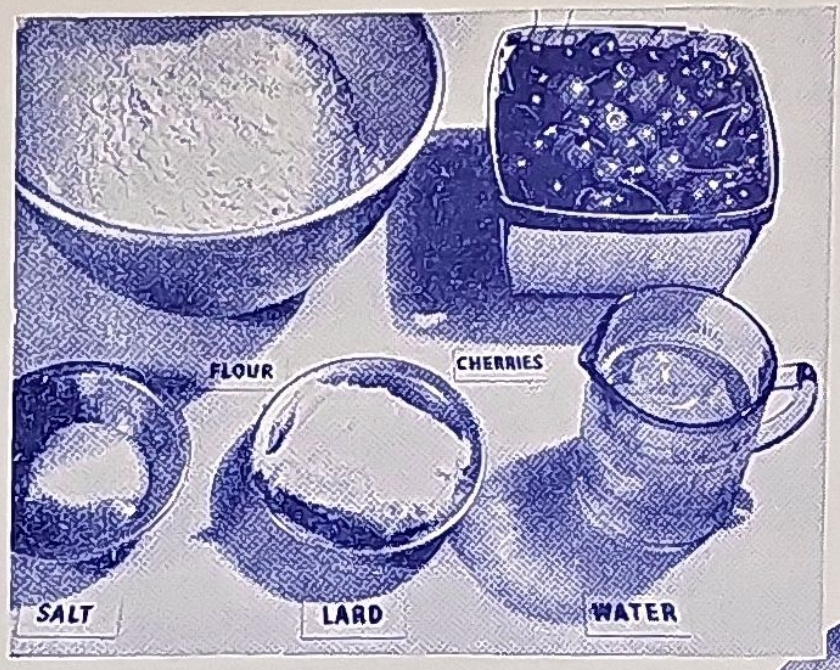
HEAVENLY HAMBURGER BAKE	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	¼ cup
Ground beef	½ pound	3 pounds
Chopped onion	¼ cup	1½ cups
Chopped celery	2 tablespoons	¾ cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1½ quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2½ in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350° F.) about 45 minutes.



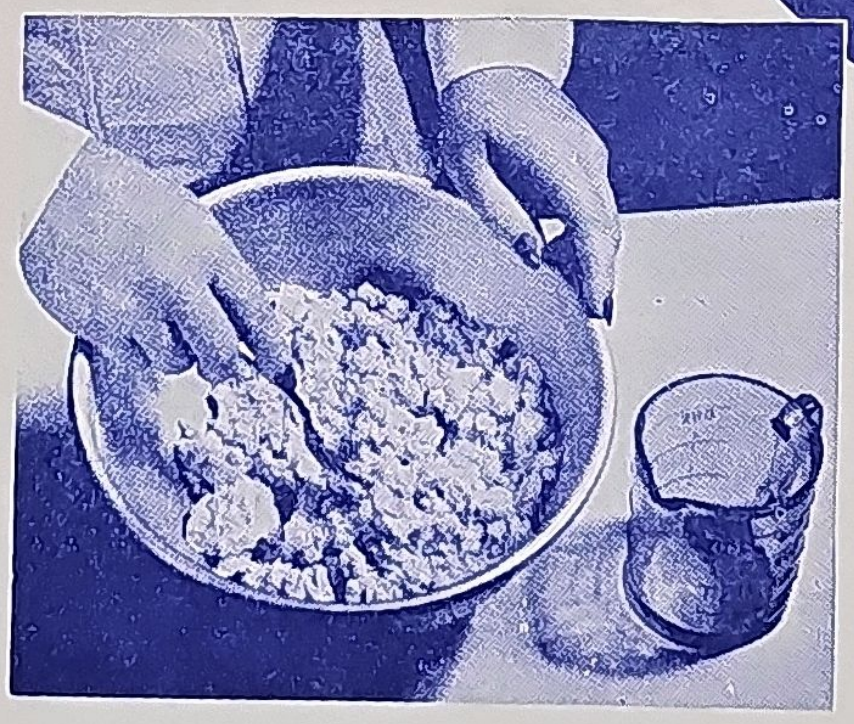
Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2½ in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.

6 Easy Steps TO THE



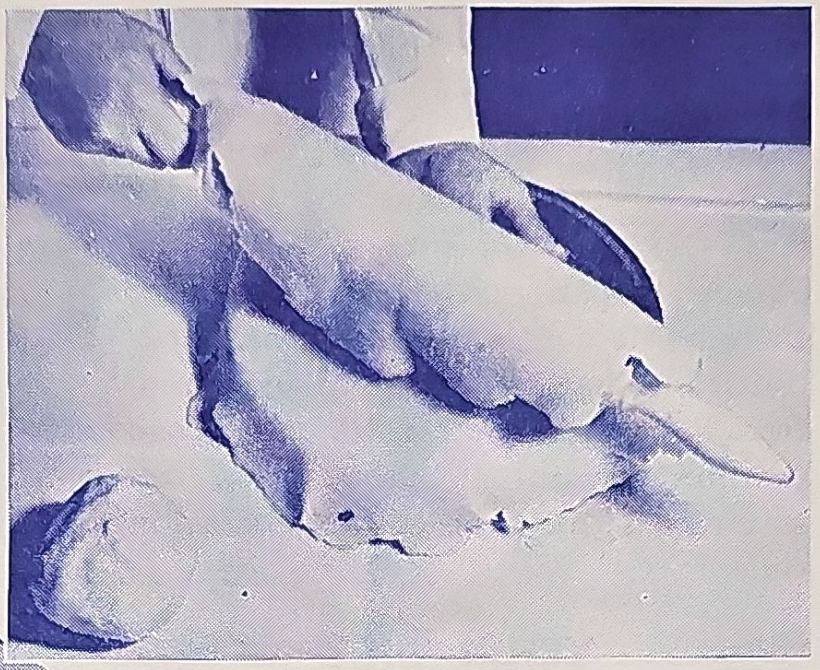
1 The ingredients for the perfect pie crust: 1 teaspoon salt, ⅔ cup lard, 2 cups flour, and cold water.

2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



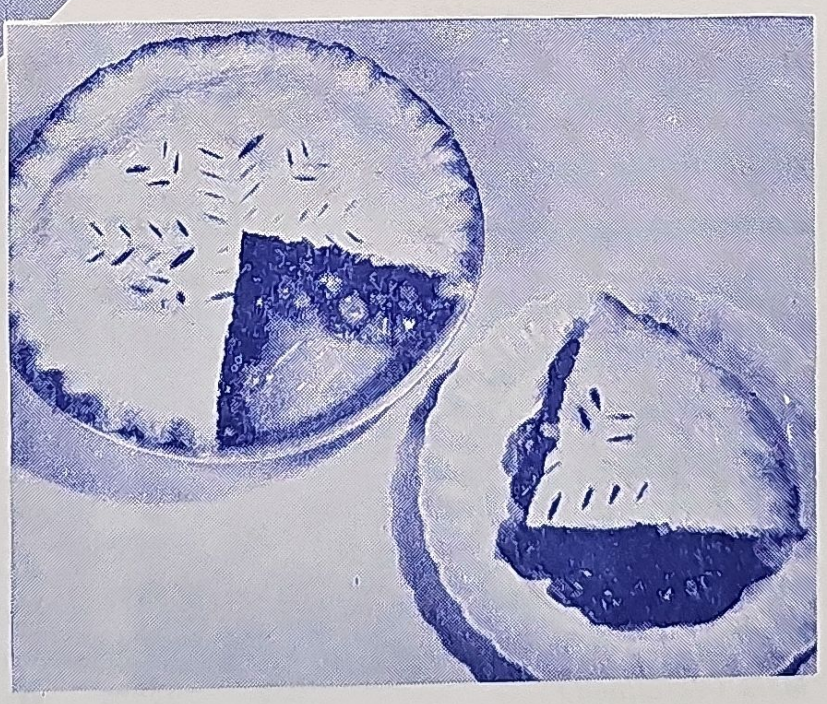
3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds in a ball.

Perfect Pie



4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.

5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.



6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.

YOU can Reduce---
with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—
CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is **105** to **125** pounds:

BREAKFAST	
Fruit	3½ *ounces*
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	½ *ounce*
Toast	2/3 *ounce*
Butter	1/6 *ounce*
Coffee	*as desired*
LUNCH	
Meat (lean)	3 *ounces*
Vegetable (cooked or salad)	3½ *ounces*
Bread	2/3 *ounce*
Butter	1/6 *ounce*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*
DINNER	
Clear broth	*Optional*
Meat (lean)	7 *ounces*
Vegetable (cooked)	3½ *ounces*
Salad	3½ *ounces*
Fruit	3½ *ounces*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **125** to **145** pounds:

BREAKFAST	
Fruit	3½ *ounces*
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	1 *ounce*
Toast	2/3 *ounce*
Butter	1/6 *ounce*
Coffee	*as desired*
LUNCH	
Meat (lean)	4 *ounces*
Vegetable (cooked or salad)	3½ *ounces*
Bread	2/3 *ounce*
Butter	1/6 *ounce*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*
DINNER	
Clear broth	*Optional*
Meat (lean)	7 *ounces*
Vegetable (cooked)	3½ *ounces*
Salad	3½ *ounces*
Bread	2/3 *ounce*
Butter	1/6 *ounce*
Fruit	3½ *ounces*
Milk (skimmed)	7 *ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **145** to **165** pounds:

BREAKFAST	
Fruit	*3½ ounces*
Eggs (boiled or poached)	*2*
Bacon (Canadian-style, broiled)	*1 ounce*
Toast	*2/3 ounce*
Butter	*1/6 ounce*
Coffee	*as desired*

LUNCH	
Meat (lean)	*5 ounces*
Vegetable (cooked)	*2 ounces*
Salad	*3 ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

DINNER	
Clear broth	*Optional*
Meat (lean)	*9 ounces*
Vegetable (cooked)	*3½ ounces*
Salad	*3½ ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **165** to **185** pounds:

BREAKFAST	
Fruit	*3½ ounces*
Eggs (boiled or poached)	*2*
Bacon (Canadian-style, broiled)	*2 ounces*
Toast	*2/3 ounce*
Butter	*1/6 ounce*
Coffee	*as desired*

LUNCH	
Meat (lean)	*6 ounces*
Vegetable (cooked)	*3½ ounces*
Salad	*3½ ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

DINNER	
Clear broth	*Optional*
Meat (lean)	*9 ounces*
Vegetable (cooked)	*3½ ounces*
Salad	*3½ ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

HELPFUL INFORMATION

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

Age _____

Height _____

Weight _____

Desired Weight _____

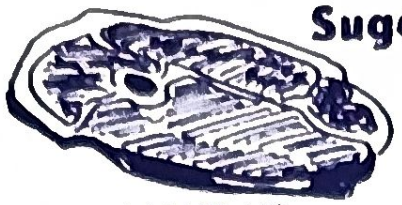
WEIGHT RECORD

Date	Weight	Date	Weight

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.

Suggested Menus For Your Diet



MONDAY

Breakfast
Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner
Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

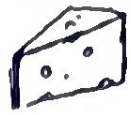
TUESDAY

Breakfast
Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner
Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee

Breakfast
Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee

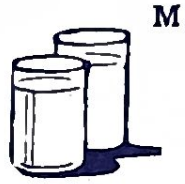


WEDNESDAY

Breakfast
Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch
Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner
Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee



THURSDAY

Breakfast
Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Green peppers stuffed with ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner
Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

SUNDAY

Luncheon or Supper
Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea

FRIDAY *

Breakfast
Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee

Lunch
Tongue and spinach
Pickled beet salad
Pumpernickel Butter
Raspberries
Milk Tea

Dinner
Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast
Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner
Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee

Dinner
Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Cherries
Milk Coffee

* For Meatless Fridays ---
Egg, cottage cheese, fresh and canned fish dishes are used.

Suggested Menus For Your Diet

MONDAY

Breakfast

Orange juice
Poached egg Frizzled dried beef
Toast Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread Butter
Grapes
Milk Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread Butter
Broiled grapefruit
Milk Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast Coffee

Lunch

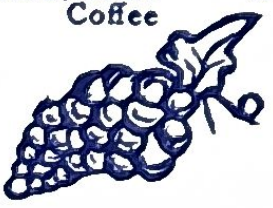
Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread Butter
Milk Tea

Dinner

Roast leg of lamb
Brussels sprouts
Bread Butter
Blueberries
Milk Coffee

Breakfast

Cantaloupe
Shirred eggs with diced ham
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg Broiled ham slice
Toast Coffee

Lunch

Cold roast lamb
String beans Carrot sticks
Bread Butter
Steamed apple
Milk Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread Butter
Sliced peaches
Milk Coffee

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread Butter
Pineapple
Milk Tea

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread Butter
Raspberries
Milk Coffee

SUNDAY

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread Butter
Plums
Milk Tea

FRIDAY *

Breakfast

Orange juice
Baked egg in Canadian-style bacon cup
Toast Butter
Coffee

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread Butter
Grapes
Milk Tea

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread Butter
Watermelon
Milk Coffee

SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast Butter
Coffee

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread Butter
Cherries
Milk Tea

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread Butter
grapefruit
Milk Coffee

Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls Radish roses
Bread Butter
Strawberries
Milk Coffee

* For Meatless Fridays ---
Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x 1/4"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2 1/2" x 2" x 1 1/2"	22.3	262
Round	4	Pc. 3 1/2" x 2 1/2" x 1/2"	23.2	233
Shank	4	Pc. 3 1/4" x 2 1/2" x 5/8"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3 1/2" x 1/2"	22.3	262
Loin	4	Sl. 5 1/2" x 3" x 1/2"	20.3	352
Rib	4	Sl. 5 1/2" x 3" x 1/2"	20.9	332
Round	4	Sl. 5" x 3 1/2" x 1/4"	23.2	233
Steaks				
Club, T-bone, porterhouse, sirloin	4	Pc. 4 1/4" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2 3/4" x 3/4"	23.9	181
Rib	4	Pc. 5" x 3 1/2" x 1/2"	20.9	332
Round	4	Pc. 3" x 3" x 1/2"	23.2	233
Stews				
Chuck	4	3 pc. 1 1/2" x 1 1/2" x 1 1/4"	22.3	262
Shank	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	24.4	194
Stew meat (av.)	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x 5/8"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x 1/2"	21.6	276
Shoulder	4	Sl. 5" x 3" x 1/2"	18.7	348
Pork, fresh				
Chops and steaks				
Leg (ham)	4	Pc. 3 1/2" x 3" x 1/2"	18.2	408
Loin	4	Chop 3/4" th.	19.7	349
Shoulder	4	Pc. 4 1/2" x 3 1/2" x 3/8"	16.1	464
Roasts				
Boston butt	4	Sl. 4 1/2" x 3 1/2" x 3/8"	19.9	327
Loin	4	Sl. 3/4" th.	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
Pork, cured				
Bacon, Canadian style	1	Sl. 2 1/2" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4 1/4" x 4" x 1/8"	10.6	147
Veal				
Chops				
Loin	4	Chop 5/8" th.	23.0	211
Rib	4	Chop 3/4" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2 1/2" x 1/2"	22.9	223
Loin	4	Sl. 4" x 2 1/2" x 1/2"	23.0	211
Rib	4	Sl. 4" x 2 1/2" x 1/2"	22.6	241
Shoulder	4	Sl. 5" x 3" x 1/2"	23.3	202
Steaks				
Cutlet(round)	4	Pc. 4" x 2 1/2" x 1/2"	23.4	191
Shoulder	4	Pc. 5" x 3" x 1/2"	23.3	202
Sirloin	4	Pc. 4" x 2 1/2" x 1/2"	23.0	211
Stew (breast)	4	4 pc. 2 1/2" x 1" x 1"	22.0	271
Variety Meats				
Brains (beef)	4	2 pc. 2 1/2" x 1 1/2" x 1"	12.6	152
Heart (av.)	4	1/3 ht. 3" dia. x 3 1/2" lg.	19.7	157
Kidney (av.)	4	3 sl. 3 1/4" x 2 1/2" x 1/4"	20.0	161
Liver				
Beef	3	2 sl. 3" x 2 1/2" x 3/8"	17.7	119
Lamb	3	2 sl. 3 1/2" x 2" x 3/8"	18.9	118
Pork	3	2 sl. 3 1/2" x 2" x 3/8"	17.7	116
Veal	3	2 sl. 3" x 2 1/2" x 3/8"	17.1	122
Sweetbread	4	Pc. 4" x 3" x 3/4"	18.2	216
Tongue	3	3 sl. 3" x 2" x 1/4"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4 1/2" dia. x 1/8" th.	4.4	65
Frankfurter	2	2 5 1/2" lg. x 3/4" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x 1/4" th.	5.0	77
Luncheon meat	1	Sl. 4" x 3 1/2" x 1/8"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x 3/4" dia.	5.8	76
POULTRY				
Chicken				
Liver	3	4 av.	19.9	122
Roast				
Breast	3	1/2 breast	21.0	110
Leg	2 1/2	1 av.	14.7	88
Thigh	2 1/2	1 av.	15.8	95
Wing	1	1 av.	7.0	37
Stewed				
Dark meat	3 1/2	1/2 c. (diced)	23.1	139
Light meat	3	1/2 c. (diced)	20.3	106
Turkey				
Roast				
Dark meat	3 1/2	Sl. 4" x 3" x 1/2"	23.2	177
Light meat	3 1/2	Sl. 4" x 3" x 1/2"	24.5	139

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3 1/2	5 med.	12.8	77
Cod	3 1/2	Pc. 4" x 2 1/4" x 3/4"	16.5	70
Crab, canned	3	2/3 c.	16.1	94
Finnan haddie	3 1/2	3/4 c.	23.2	96
Flounder	3 1/2	Pc. 4" x 3" x 3/8"	19.0	79
Haddock	3 1/2	Pc. 3 1/2" x 3" x 3/4"	17.2	72
Halibut	4	Pc. 4" x 3" x 1/2"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	1/2 c.	15.6	74
Fresh	2 1/2	1 av.	12.2	63
Mackerel	2 1/2	1/4 fish 7" lg.	14.3	119
Oysters	3 1/2	5 med.	6.0	50
Perch	4	2 fish 4 1/2" lg.	23.4	102
Salmon				
Canned	3 1/2	2/3 c.	24.7	203
Fresh	3	Pc. 2 1/2" x 2 1/2" x 7/8"	15.7	196
Shrimps, can'd	2	3/8 c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	16.1	80
White fish	4	Pc. 3 1/4" x 3" x 1/2"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter	1/3		.1	73
Cheese, cottage	2	1/4 c.	9.6	51
Cream, coffee	1/2	1 T.	.4	29

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults (Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

MEN

Height		Weight	
Ft.	*In.*	*15-19*	*20-24*
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178

WOMEN

Height		Weight	
Ft.	*In.*	*15-19*	*20-24*
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	½ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1⅔	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	3½	¼ lge.	2.9	63
Asparagus	3½	7 stalks 6" long	2.3	27
Beans, string	3½	⅔ c.	2.4	42
Beet greens	3½	½ c.	2.0	33
Beets	3½	⅔ c. or 2 1¾" dia.	1.6	46
Broccoli	3½	2 stalks 5" lg.	3.3	37
Brussels sprts.	3½	⅔ c.	4.4	58
Cabbage	3½	1/5 hd. 4½" dia.	1.4	29
Carrots	3½	2 carrots 5" lg.	1.2	45
Cauliflower	3½	⅔ c.	2.4	31
Celery	½	Pc. 8½" lg. or 2 hts.	.2	3
Chard, Swiss	3½	½ c.	1.4	25
Chicory	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ⅜" th.	.4	7
Eggplant	2	Sl. 3½" dia. x ⅜" th.	.7	17
Endive, French	2	2 stalks	.8	11
Green pepper	½	⅛ c. or pc. 4" x 1¼"	.2	4
Kohlrabi	3½	⅓ c. (diced)	2.1	36
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
	½	1 leaf	.2	3
	⅛	2 leaves	.1	2
Leaf	½	5 caps 2¼" dia.	2.6	15
Mushrooms	3½	5 pods	1.0	21
Okra	2			
Onions				
Dried	3	1 onion 2" dia.	1.2	42
Green	½	3 med.	.2	7
Parsley		2 sprigs	.1	1
Pumpkin	3½	½ c.	1.2	36
Radishes	1	3 radishes 1" dia.	.4	7
Rutabagas	3½	½ c.	1.1	41
Sauerkraut	3½	⅔ c.	1.1	18
Spinach	3½	¾ c.	2.3	25
Squash				
Summer	3½	½ c.	.6	19
Winter	3½	½ c.	1.5	44
Tomatoes				
Canned	3½	½ c.	1.2	25
Fresh	3½	1 tomato 2" dia.	1.0	23
Juice, canned	4	½ c.	1.2	28
Turnip greens	3½	½ c.	2.9	37
Turnips				
White	3½	⅔ c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	½	1 lge.	.2	23
Pickles				
Dill	2	½ pkle. 5" lg. x 1½" dia.	.3	7
Sweet	½	1 pkle. 2½" lg. x ¾" dia.	.2	21
BREAD AND CEREAL PRODUCTS				
Cereals				
Bran, whole	⅔	⅓ c.	2.5	67
Cornflakes	½	⅔ c.	1.3	56
Farina, enriched	⅔	½ c. (sc. 2 T. dry)	2.3	71
Oatmeal	⅔	½ c. (¼ c. dry)	3.1	77
Rice				
Puffed	⅓	¾ c.	.7	36
White	1	⅔ c. (2 T. dry)	2.3	105
Wheat				
Flakes	⅔	¾ c.	2.4	74
Puffed	⅓	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	⅔	Sl. 4" x 3½" x ⅓"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19
White, enrch	⅔	1 sl. (com'l) thin	1.6	50
Whole wheat	⅔	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	½	1 cracker 3" sq.	1.0	54
Saltine	⅛	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2¾" x 2½"	.6	25
Zwieback	¼	1 pc. 3¼" x 1¾" x ½"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0
FRUITS				
Apples	3½	1 apple 2¼" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3½	¾ c.	1.2	62
Blueberries	3½	⅔ c.	.6	68
Cantaloupe	4	¼ melon 5" dia.	.8	29
Cherries, sweet	3½	15 cherries ⅞" dia.	1.2	87
Grapefruit	3½	½ med. 3⅝" dia.	.5	44
Grapes				
Concord	3½	34 av.	1.4	78
Green s'dless	3½	40 sm.	.8	74
Malaga or Tokay	3½	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	3½	½ orange 4" dia.	.9	52
Peaches	3½	1 med.	.5	51
Pears	3½	1 sm.	.7	70
Pineapple	3½	1 sl. 4" dia. x ½" th.	.4	58
Plums	2½	1 plum 1¾" dia.	.5	39
Raspberries	3	⅔ c.	1.1	64
Strawberries	3½	10 strawberries 1" dia.	.8	41
Watermelon	5	½ sl. 6" dia. x ¾" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	½ c.	.6	49
Orange	4	½ c.	.7	66
Pineapple, can'd	4	½ c.	.4	65
Tomato (see vegetables)				

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)		*Weight in Pounds (As Ordinarily Dressed)*		
		Small	*Medium*	*Large*
Ft.	*In.*	*Frame*	*Frame*	*Frame*
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		*Weight in Pounds (As Ordinarily Dressed)*		
		Small	*Medium*	*Large*
Ft.	*In.*	*Frame*	*Frame*	*Frame*
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

If You Have Cake Troubles---

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or shortening.

Coarse-grained cakes are the result of too much leavening ingredients, too slow an oven, insufficient creaming of shortening and sugar or insufficient beating of batter before addition of egg whites.

Large holed angel cakes are occasioned by insufficient blending of egg whites with the other ingredients. Too little sugar or too fast an oven might produce the same effect.

When a cake "falls" it is occasioned by an insufficient quantity of flour or rising ingredients, by excess temperature or from moving it in the oven after the cake has risen and before the cell walls have become fixed or firm by the heat.

A cake is bready and solid when too much flour has been used.

When too much heat is used a cake presents an uneven surface, crusts over the top before the mixture has risen to its full height and bursts at its weakest place which is usually the top.

A heavy streak at the bottom of a loaf cake is usually caused by using too many egg yolks in proportion to other ingredients, or by baking the cake in too slow an oven.

CAN SIZES

Size	Product	Cups	Servings (Approx.)
No. 2	Fruits, vegetables, juices	2½	4 to 6
No. 2½	Fruits, vegetables	3½	6 to 8
46 oz.	Juices	5¾	6 to 8
No. 10	Fruits, vegetables, juices	13	18 to 25

MEASURES FOR COOKED AND UNCOOKED FOODS

Food	Weight Unit	Uncooked Measure	Approx. Measure Cooked
Beans, dried			
Lima	1 lb.	3 cups	7 cups
Navy	1 lb.	2 cups	6 cups
Red kidney	1 lb.	2⅔ cups	6½ cups
Fruit, dried			
Apricots	1 lb.	3 cups	4½ to 5 cups
Figs	1 lb.	50 to 60	2⅔ to 3 cups
Prunes	1 lb.	40 to 50	3 to 4 cups
Raisins or currants	1 lb.	3 cups	4 cups
Macaroni products			
Macaroni	1 lb.	3 to 4 cups	8 to 10 cups
Noodles	8 ozs.	2½ cups	5 cups
Spaghetti	8 ozs.	2½ cups	5 cups
Cereals			
Rice	1 lb.	2 cups	6 cups
Rolled oats	8 ozs.	5½ cups	2¾ qts.
Rolled oats (quick)	1 lb.	4 cups	8 cups
Nuts			
Peanuts	1 lb.	2 cups meats	
Pecans	1 lb.	2¼ cups meats	
Walnuts	1 lb.	2 cups meats	

TO FIGURE YIELD

CANNED FRUIT FROM FRESH

Food	Fresh	Canned
Apples	1 bu. (48 lb.)	16 to 20 qt.
	2½ to 3 lb.	1 qt.
Berries, except strawberries	24-qt. crate	12 to 18 qt.
	5 to 8 cups	1 qt.
Cherries, as picked	1 bu. (56 lb.)	22 to 32 qt.
	6 to 8 cups	1 qt.
Peaches	1 bu. (48 lb.)	18 to 24 qt.
	2 to 2½ lb.	1 qt.
Pears	1 bu. (50 lb.)	20 to 25 qt.
	2 to 2½ lb.	1 qt.
Plums	1 bu. (56 lb.)	24 to 30 qt.
	2 to 2½ lb.	1 qt.
Strawberries	24-qt. crate	12 to 16 qt.
	6 to 8 cups	1 qt.
Tomatoes	1 bu. (53 lb.)	15 to 20 qt.
	2½ to 3 lb.	1 qt.

CANNED VEGETABLES FROM FRESH

LEGAL WEIGHT OF A BUSHEL VARIES IN DIFFERENT STATES. THESE ARE AVERAGE WGTS.

Vegetable	*Fresh*	*Canned*
Asparagus	1 bu. (45 lb.)	11 qt.
	4 lb.	1 qt.
Beans, lima in pods	1 bu. (32 lb.)	6–8 qt.
	4–5 lb.	1 qt.
Beans, snap	1 bu. (30 lb.)	15–20 qt.
	1½ 2 lb.	1 qt.
Beets, without tops	1 bu. (52 lb.)	17–20 qt.
	2½ 3 lb.	1 qt.
Carrots, without tops	1 bu. (50 lb.)	16–20 qt.
	2½ 3 lb.	1 qt.
Corn, sweet, in husks	1 bu. (35 lb.)	8–9 qt.
	6–16 ears	1 qt.
Okra	1 bu. (26 lb.)	17 qt.
	1½ lb.	1 qt.
Peas, green, in pods	1 bu. (30 lb.)	12–15 pt.
	2–2½ lb.	1 pt.
Pumpkin	50 lb.	15 qt.
	3 lb.	1 qt.
Spinach	1 bu. (18 lb.)	6–9 qt.
	2–3 lb.	1 qt.
Squash, summer	1 bu. (40 lb.)	16–20 qt.
	2–2½ lb.	1 qt.
Sweetpotatoes	1 bu. (55 lb.)	18–22 qt.
	2½–3 lb.	1 qt.

Approximate yield of frozen fruits from fresh

FRUIT	FRESH	FROZEN
Apples	1 bu. (48 lb.)	32 to 40 pt.
	1 box (44 lb.)	29 to 35 pt.
	1¼ to 1½ lb.	1 pt.
Apricots	1 bu. (48 lb.)	60 to 72 pt.
	1 crate (22 lb.)	28 to 33 pt.
	⅜ to ⅝ lb.	1 pt.
Berries [1]	1 crate (24 qt.)	32 to 36 pt.
	1⅓ to 1½ pt.	1 pt.
Cantaloups	1 dozen (28 lb.)	22 pt.
	1 to 1¼ lb.	1 pt.
Cherries, sweet or sour	1 bu. (56 lb.)	36 to 44 pt.
	1¼ to 1½ lb.	1 pt.
Cranberries	1 box (25 lb.)	50 pt.
	1 peck (8 lb.)	16 pt.
	½ lb.	1 pt.
Currants	2 qt. (3 lb.)	4 pt.
	¾ lb.	1 pt.
Peaches	1 bu. (48 lb.)	32 to 48 pt.
	1 lug box (20 lb.)	13 to 20 pt.
	1 to 1½ lb.	1 pt.
Pears	1 bu. (50 lb.)	40 to 50 pt.
	1 western box (46 lb.)	37 to 46 pt.
	1 to 1¼ lb.	1 pt.
Pineapple	5 lb.	4 pt.
Plums and prunes	1 bu. (56 lb.)	38 to 56 pt.
	1 crate (20 lb.)	13 to 20 pt.
	1 to 1½ lb.	1 pt.
Raspberries	1 crate (24 pt.)	24 pt.
	1 pt.	1 pt.
Rhubarb	15 lb.	15 to 22 pt.
	⅜ to 1 lb.	1 pt.
Strawberries	1 crate (24 qt.)	38 pt.
	⅜ qt.	1 pt.

[1] Includes blackberries, blueberries, boysenberries, dewberries, elderberries, gooseberries, huckleberries, loganberries, and youngberries.

Approximate yield of frozen vegetables from fresh

VEGETABLE	FRESH	FROZEN
Asparagus	1 crate (12 2-lb. bunches)	15 to 22 pt.
	1 to 1½ lb.	1 pt.
Beans, lima (in pods)	1 bu. (32 lb.)	12 to 16 pt.
	2 to 2½ lb.	1 pt.
Beans, snap, green, and wax	1 bu. (30 lb.)	30 to 45 pt.
	⅔ to 1 lb.	1 pt.
Beet greens	15 lb.	10 to 15 pt.
	1 to 1½ lb.	1 pt.
Beets (without tops)	1 bu. (52 lb.)	35 to 42 pt.
	1¼ to 1½ lb.	1 pt.
Broccoli	1 crate (25 lb.)	24 pt.
	1 lb.	1 pt.
Brussels sprouts	4 quart boxes	6 pt.
	1 lb.	1 pt.
Carrots (without tops)	1 bu. (50 lb.)	32 to 40 pt.
	1¼ to 1½ lb.	1 pt.
Cauliflower	2 medium heads	3 pt.
	1⅓ lb.	1 pt.
Chard	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Collards	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Corn, sweet (in husks)	1 bu. (35 lb.)	14 to 17 pt.
	2 to 2½ lb.	1 pt.
Eggplant	1 lb.	1 pt.
Kale	1 bu. (18 lb.)	12 to 18 pt.
	1 to 1½ lb.	1 pt.
Mustard greens	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Peas	1 bu. (30 lb.)	12 to 15 pt.
	2 to 2½ lb.	1 pt.
Peppers, green	⅔ lb. (3 peppers)	1 pt.
Pumpkin	3 lb.	2 pt.
Spinach	1 bu. (18 lb.)	12 to 18 pt.
	1 to 1½ lb.	1 pt.
Squash, summer	1 bu. (40 lb.)	32 to 40 pt.
	1 to 1¼ lb.	1 pt.
Squash, winter	3 lb.	2 pt.
Sweetpotatoes	⅔ lb.	1 pt.

MAXIMUM STORAGE TIME FOR FROZEN MEATS

Product	Recommended Maximum Storage Time at 0°F. or lower
Beef	6-8 months
Fresh Pork and Veal	3-4 months
Lamb	6-7 months
Ground Beef	3-4 months
Variety Meats (Liver, Heart, Tongue, etc.)	3-4 months
Smoked Hams, Picnics and Slab Bacon (Whole, Halves or Quarters)	Not to exceed 60 days
Other Cured and Smoked Meats	Not to exceed 60 days
Sliced Bacon	Not recommended for freezing
Bologna, Frankfurters or Wieners	Not recommended for freezing
Fresh Pork Sausage	Not recommended for freezing
Poultry	
Giblets	4 months
Chicken	6-12 months
Turkey	6-12 months

HOW TO WRAP MEAT FOR FREEZING

● For short periods in the freezer (no longer than one to two weeks), prepackaged self-service meats may be frozen in the original store package (film and board or tray). Make sure, though, that there are no breaks in the package.

● For longer periods in the freezer, use special freezer wrapping materials. Either of the following methods of wrapping is recommended:

A single moisture-vapor-proof sheet or bag which may be tied, taped, heat-sealed, or folded. This single sheet should be strong enough to resist puncturing and tearing.

Or a double wrap consisting of:

a. An inner wrap of moisture-vapor-proof paper, cellophane, pliofilm, aluminum foil, or other special freezer storage types of packaging materials available on the market. (Ordinary waxed paper is not moisture-vapor-proof and therefore is not satisfactory.)

b. An outer wrap of special packaging material or heavy wrapping paper. If an outer wrap of high heat insulating value is used (several thicknesses of wrapping paper, for example), the meat should be inner wrapped and frozen before the outer wrap is applied.

● Meats wrapped in ordinary market paper should be unwrapped and then rewrapped for freezing as outlined here.

● A satisfactory method of making a package for freezing is as follows:

1. Use enough paper so the edges may be folded down at least three times.
2. Place the meat in the center of the paper.
3. Separate individual servings (such as steaks, chops, or ground meat patties) with sheets of freezer paper so they will come apart easily before cooking.
4. Bring two edges of paper together above the meat and fold down in 1/2-inch to 1-inch folds until the paper is tight against the meat.
5. Press the wrap closely to the meat to force out air.
6. Seal edges carefully with freezer tape, or fold over ends at least twice and tie securely.

● Mark each frozen meat package to show contents, number of servings and date of freezing.

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reuseable, or not. If they are reuseable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.
Fruits and vegetables	*Months*
Fruits:	
Cherries	12
Peaches	12
Raspberries	12
Strawberries	12
Fruit juice concentrates:	
Apple	12
Grape	12
Orange	12
Vegetables:	
Asparagus	8
Beans	8
Cauliflower	8
Corn	8
Peas	8
Spinach	8
Baked goods	
Bread and yeast rolls:	
White bread	3
Cinnamon rolls	2
Plain rolls	3
Cakes:	
Angel	2
Chiffon	2
Chocolate layer	4
Fruit	12
Pound	6
Yellow	6
Danish pastry	3
Doughnuts:	
Cake type	3
Yeast raised	3
Pies (unbaked):	
Apple	8
Boysenberry	8
Cherry	8
Peach	8
Meat	
Beef:	
Hamburger or chipped (thin) steaks	4
Roasts	12
Steaks	12
Lamb:	
Patties (ground meat)	4
Roasts	9
Pork, cured	2
Pork, fresh:	
Chops	4
Roasts	8
Sausage	2
Veal:	
Cutlets, chops	9
Roasts	9

Food	Approximate holding period at 0° F.
Meat—Continued	*Months*
Cooked meat:	
Meat dinners	3
Meat pie	3
Swiss steak	3
Poultry	
Chicken:	
Cut-up	9
Livers	3
Whole	12
Duck, whole	6
Goose, whole	6
Turkey:	
Cut-up	6
Whole	12
Cooked chicken and turkey:	
Chicken or turkey dinners (sliced meat and gravy)	6
Chicken or turkey pies	6
Fried chicken	4
Fried chicken dinners	4
Fish and shellfish	
Fish:	
Fillets:	
Cod, flounder, haddock, halibut, pollack	6
Mullet, ocean perch, sea trout, striped bass	3
Pacific Ocean perch	2
Salmon steaks	2
Sea trout, dressed	3
Striped bass, dressed	3
Whiting, drawn	4
Shellfish:	
Clams, shucked	3
Crabmeat:	
Dungeness	3
King	10
Oysters, shucked	4
Shrimp	12
Cooked fish and shellfish:	
Fish with cheese sauce	3
Fish with lemon butter sauce	3
Fried fish dinner	3
Fried fish sticks, scallops, or shrimp	3
Shrimp creole	3
Tuna pie	3
Frozen desserts	
Ice cream	1
Sherbet	1

Wind Chill Chart

Effect of Wind On Calm Air Temperatures

	WIND VELOCITY						
CALM	5 MPH	10 MPH	15 MPH	20 MPH	25 MPH	30 MPH	35 MPH
35°	33°	21°	16°	12°	7°	5°	3°
30°	27°	16°	11°	3°	0°	−2°	−4°
25°	21°	9°	1°	−4°	−7°	−11°	−13°
20°	16°	2°	−6°	−9°	−15°	−18°	−20°
15°	12°	−2°	−11°	−17°	−22°	−26°	−27°
10°	7°	−9°	−18°	−24°	−29°	−33°	−35°
5°	1°	−15°	−25°	−32°	−37°	−41°	−43°
0°	−6°	−22°	−33°	−40°	−45°	−49°	−52°
−5°	−11°	−27°	−40°	−46°	−52°	−56°	−60°
−10°	−15°	−31°	−45°	−52°	−58°	−63°	−67°
−15°	−20°	−38°	−51°	−60°	−67°	−70°	−72°
−20°	−26°	−45°	−60°	−68°	−75°	−78°	−83°
−25°	−31°	−52°	−65°	−76°	−83°	−87°	−90°
−30°	−35°	−58°	−70°	−81°	−89°	−94°	−98°
−35°	−41°	−64°	−78°	−88°	−96°	−101°	−105°

CHART OF SELECTED COMMUNICABLE DISEASES

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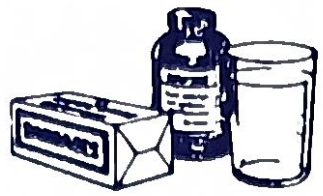
Disease	How Spread	Prevention	How Long From Exposure to Onset	Common Symptoms	How Long Communicable	Some Possible Complications
Influenza	By direct contact, through droplet spread, or by articles freshly soiled with nose and throat discharges of infected persons.	Immunity to a specific influenza virus may last for several years after attack, but because there are many strains of influenza viruses, there may be frequent attacks of the disease. Vaccines are effective when they closely match the prevailing strain of virus. Inoculation after exposure is useless.	24 to 72 hours.	Sudden onset; fever for 1 to 6 days; chills; discomfort; aches or pains in back, legs, or shoulders; sore throat; runny nose; cough.	Probably limited to a brief period before onset and 1 week after.	Pneumonia. Deaths concentrated among the old, especially those with long-term illness, among women in late pregnancy, among infants, and among those whose acute illness is neglected.
Meningitis, Meningococcal (Cerebrospinal Fever)	By direct contact with infected persons; droplet spread; human carriers.	No immunization. Avoid contact with infected persons and droplet spread. Prevent overcrowded living conditions; stress personal cleanliness.	Varies from 2 to 10 days, commonly 3 to 4 days.	An acute bacterial infection with sudden onset, fever, intense headache, nausea and vomiting; frequently a rash of small, round, purplish-red spots; dizziness, stiff neck, delirium, and coma.	Until germs are no longer present in discharges from nose and throat of infected persons. Usually disappears in 24 hours after appropriate treatment.	Spread of the infection to the brain tissue; pneumonia; middle ear infection; mastoiditis; chronic heart damage.
Mumps	By droplet spread or direct contact with infected persons; indirectly through articles freshly soiled with the saliva of such persons.	Effective vaccines available but of limited value because immunity probably does not exceed 2 years. Vaccine has value in selected groups of susceptibles, for example, the military.	From 12 to 26 days, commonly 18 days.	An acute viral infection with sudden onset, fever, swelling, and tenderness of the salivary glands.	From about 7 days before distinctive symptoms and persisting as much as 9 days thereafter, or until swelling of the glands has disappeared.	Inflammation of the ovaries or testicles in adults; middle ear infection and sometimes permanent deafness. Meningitis or encephalitis is common. Children under 12 usually free from complications.
Typhoid Fever	Direct or indirect contact with infected persons or carriers. Principal vehicles of spread are water and food contaminated with feces or urine of infected persons. Contamination is usually by hands of a carrier or of an undiagnosed case. Flies may also play a part in spread.	Immunization with typhoid vaccine; periodic reinforcing injections desirable, commonly once in 3 years. A high degree of immunity usually follows recovery from the disease.	Variable; average 2 weeks; usual range 1 to 3 weeks.	Fever; headache; constipation more commonly than diarrhea; abdominal tenderness and distention; rose spots on the trunk.	As long as typhoid bacilli appear in excreta; usually from second week throughout convalescence; thereafter variable. From 2 to 5 percent of patients become permanent carriers.	Hemorrhage or perforation of the intestine; peritonitis; blood clot in a vein; early heart failure; bedsores; bronchitis and pneumonia.

FIRST AID IN HOUSEHOLD EMERGENCIES

POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.



- *Dilute* poison with large amounts of liquids—milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting.
- Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call doctor immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down.
- Don't give fluids unless dalayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an anti-septic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: Minor Cuts: apply pressure with sterile guaze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile guaze. See your doctor. **Puncture Wounds**: Cover with sterile guaze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) ½ glass every 15 minutes. Call doctor.

GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.

To Remove **STAINS** *From Washables*

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.
NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover.
CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove **STAINS** *From Washables*

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.
Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.
If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains.
CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.
NOTE: Mildew is very hard to remove; treat promptly.

To Remove **STAINS** *From Washables*

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

1920 — *Easter Sundays* — 2000

1920	April	4
1921	Mar.	27
1922	April	16
1923	April	1
1924	April	20
1925	April	12
1926	April	4
1927	April	17
1928	April	8
1929	Mar.	31
1930	April	20
1931	April	5
1932	Mar.	27
1933	April	16
1934	April	1
1935	April	21
1936	April	12
1937	Mar.	28
1938	April	17
1939	April	9
1940	Mar.	24
1941	April	13
1942	April	5
1943	April	25
1944	April	9
1945	April	1
1946	April	21
1947	April	6
1948	Mar.	28
1949	April	17
1950	April	9
1951	Mar.	25
1952	April	13
1953	April	5
1954	April	18
1955	April	10
1956	April	1
1957	April	21
1958	April	6
1959	Mar.	29
1960	April	17
1961	April	2
1962	April	22
1963	April	14
1964	Mar.	29
1965	April	18
1966	April	10
1967	Mar.	26
1968	April	14
1969	April	6
1970	Mar.	29
1971	April	11
1972	April	2
1973	April	22
1974	April	14
1975	Mar.	30
1976	April	18
1977	April	10
1978	Mar.	26
1979	April	15
1980	April	6
1981	April	19
1982	April	11
1983	April	3
1984	April	22
1985	April	7
1986	Mar.	30
1987	April	19
1988	April	3
1989	Mar.	26
1990	April	15
1991	Mar.	31
1992	April	19
1993	April	11
1994	April	3
1995	April	16
1996	April	7
1997	Mar.	30
1998	April	12
1999	April	4
2000	April	23

Birthdays

Monday's child is fair of face,
Tuesday's child is full of grace,
Wednesday's child is loving and giving,
Thursday's child works hard for a living.
Friday's child is full of woe,
Saturday's child has far to go,
But the child that is born on the Sabbath day
Is brave and bonny, and good and gay.

PERPETUAL CALENDAR

Showing the Day of the Week for Any Date between 1700 and 2499

Table of Dominical Letters

Year of the Century — *Denote Leap-Years				Centuries 1700, 2100	1800, 2200	1900, 2300	2000, 2400
0	*28	*56	*84	C	E	G	A
1	29	57	85	B	D	F	G
2	30	58	86	A	C	E	F
3	31	59	87	G	B	D	E
*4	*32	*60	*88	E	G	B	C
5	33	61	89	D	F	A	B
6	34	62	90	C	E	G	A
7	35	63	91	B	D	F	G
*8	*36	*64	*92	G	B	D	E
9	37	65	93	F	A	C	D
10	38	66	94	E	G	B	C
11	39	67	95	D	F	A	B
*12	*40	*68	*96	B	D	F	G
13	41	69	97	A	C	E	F
14	42	70	98	G	B	D	E
15	43	71	99	F	A	C	D
*16	*44	*72		D	F	A	B
17	45	73		C	E	G	A
18	46	74		B	D	F	G
19	47	75		A	C	E	F
*20	*48	*76		F	A	C	D
21	49	77		E	G	B	C
22	50	78		D	F	A	B
23	51	79		C	E	G	A
*24	*52	*80		A	C	E	F
25	53	81		G	B	D	E
26	54	82		F	A	C	D
27	55	83		E	G	B	C

Month					Dominical Letter
January, October	1	8	15	22	29	A D G B E C F
Feb., Mar., Nov.	2	9	16	23	30	B E A C F D G
Jan., Apr., July	3	10	17	24	31	C F B D G E A
May	4	11	18	25		D G C E A F B
June	5	12	19	26		E A D F B G C
February, August	6	13	20	27		F B E G C A D
Sept., Dec.	7	14	21	28		G C F A D B E

Su	Sa	F	Th	W	Tu	M
M	Su	Sa	F	Th	W	Tu
Tu	M	Su	Sa	F	Th	W
W	Tu	M	Su	Sa	F	Th
Th	W	Tu	M	Su	Sa	F
F	Th	W	Tu	M	Su	Sa
Sa	F	Th	W	Tu	M	Su

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For *January* 1, 1876, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

Quick-Blooming Color With ANNUALS

(One-season flowers)

Planting Chart for Annuals

Name	Height inches	Germ. days outdoors	Plants apart inches	Sow in frame month	Sow outdoors month	Set out plants month
Ageratum	6-24	8-12	6-10	3	5	5
Allysum, Sweet	4- 8	12	12		4	
Aster, China	12-36	8-10	12-18	4	5	5-6
Calif. Poppy	12	5-10	6- 8		3-11	
Calendula	12-18	10-12	12	3	3- 4	4-5
Calliopsis	6-36	10-12	6-12		3- 4-11	
Candytuft	6-12	5- 8	4- 8		3- 4-11	
Canterbury Bell (An.)	24-30	12-15	18	2-3	4	5
Celosia (Coxcomb)	8-24	20-25	12-24	4	5	5
Centaurea (Ragged Robin)	24	5-20	6-10	3	3- 4-11	5
Chrysanthemum (An.)	24	6- 8	12	3-4	5	5
Clarkia	24	8-10	10		3- 4	
Cosmos	36-60	5-15	24-30	3-4	4- 5	5
Flax (Annual)	24	15	6-10		3- 4	
Four O'Clock	24	12-15	18-24		5	
Gaillardia	12-18	12-15	12	3	4	5
Larkspur	24-36	15-20	10-12		3- 4-11	
Lupine	24-36	25-30	12		5	
Marigold	10-60	5- 8	12-30	3-4	4- 5	5
Nicotiana	24-36	20-25	12	3	5	5
Petunia	6-12	18-20	10-18	3	3- 4- 5	5
Phlox Drummondi	10-15	20-25	8-10	3	4- 5	5
Pinks (Annual)	12	5- 8	12	2-3	4	5
Portulaca	2- 3	18-20	6		4- 5	
Salpiglossis	24-30	15-20	12	3	5	5
Scabiosa	24-36	18-20	10	3	4- 5	5
Snapdragon	10-36	20-25	12-18	3-4	3- 4-11	4-5
Sweet Pea	36-72	15-20	6-10		3- 4-11	
Verbena	8-12	8-10	12-15	3	4	5
Zinnia	12-36	5- 8	12-24	3-4	5	5

courtesy Ortho Products

Name	Seeds or plants per 100-ft. row	Planting Distances: Rows apart in inches	Planting Distances: Plants apart in inches	Depth of planting seed in inches	Ready for use after planting (days)	Yield per 100-ft. row
Beans, Bush	1 lb.	18-24	4- 6	½- 2	45- 55	50 lbs.
Beans, Lima	½ lb.	24	6-10	½- 2	60- 75	50-75 lbs.
Beans, Pole Snap	½ lb.	36-48	36-48	½- 2	45- 75	50-75 lbs.
Beets	2 oz.	12-18	3	½- 1	50 -80	100 lbs.
Broccoli	½ oz., 50 pl.	24-30	18-24	¼-½	80-120	50 lbs.
Brussels Sprouts	¼ oz., 50 pl.	24-30	18-24	¼-½	95-120	30 qts.
Cabbage, Early	1 pkt., 75 pl.	24-30	15-18	½	50- 65	100 lbs.
Carrots	½-1 oz.	12-18	3	¼-½	55-100	100 lbs.
Cauliflower	1 pkt., 45 pl.	24-30	18-24	½	55- 70	45 heads
Chard, Swiss	1 oz.	18-24	8-12	½- 1	50- 90	100 lbs.
Corn, Sweet	4 oz.	24-36	12-18	½	60- 90	100 ears
Egg Plant	1 pkt., 50 pl.	24-30	24-30	¼-½	80- 90	125 fruit
Endive	1 oz.	18-24	12-18	½- 1	90-120	50 lbs.
Lettuce, Leaf	½ oz.	12-18	6-12	¼	40- 60	50 lbs.
Onion Plants	300	15-18	3- 4	2- 3	75-100	100 lbs.
Peas	½ lb.	18-36	1- 3	2- 3	50-125	40 lbs.
Peppers	¼ oz., 50-75 pl.	18-24	15-24		70-140	120 pep.
Radishes	1 oz.	12-18	1	¼- 1	25- 50	1200 rad.
Spinach	1 oz.	15-24	2- 6	¼- 1	40- 70	50 lbs.
Tomatoes	1 pkt., 25-50 pl.	24-48	24-48	½	50-100	200 lbs.

When and Where to Plant — Give vegetables a fertile soil where drainage is good and that receives six full hours of sun per day. Before you plant, check a zoning map — for the last killing frost in your locality. Then start your vegetable garden one or two weeks later.

How to Plant — Draw a line with a stick for trenches or use a hoe for deeper trenches. Rows should run north and south, so both sides get an equal amount of sunlight.

After sowing, draw the soil back into the trench to cover the seed and tamp it with the flat side of the rake.

Watering — During summer months, irrigation of your home vegetable garden greatly increases yields. Soak once or twice a week.

Planting Chart For Bulbs and Bulbous Plants

Name	Height Inches	Color	Bloom Period Months	Planting Time, Depth and Space (inches)	Habits	Time to Divide
Amaryllis	24	Various	6-7	Spring, 4 deep 12 apart	Sun. Tender. Good, sandy soil	Dig and store over winter
Begonia, Tuberous	12-15	Various	6-10	May. Shallow 12 apart	Tender. Shade. Sandy, moist soil	Dig and store over winter
Canna	36-60	Various	7-10	May. 4-5 deep 18-24 apart	Tender Sunny. Near pool	Dig, store over winter. Divide spring
Crocus	6-10	Various	3-4	Fall. 3 deep 3-4 apart	Hardy. In grass or along edges	Seldom
Dahlia	48-60	Various	7-10	Spring. 6-8 deep 36-48 apart	Tender, Sun. Rich soil	Store after frost. Divide in spring
Gladiolus	30-40	Various	7-10	Spring. 6-8 deep 3-6 apart	Sun. Make successive plantings	Dig and store after frost
Hyacinth	10	Various	3-4	Fall. 6-8 deep 6-8 apart	Sun. In beds. Rich soil.	Leave undisturbed
Lily, Canada	36-40	Yel-Orange	6-7	Fall. 5 deep 12-15 apart	Sun. Damp. Peat or leaf mold	Leave undisturbed
Lily, Madonna	36-60	White	6-7	Fall. 3 deep 12 apart	Sun. Lime Soil. Plant in sand	Leave undisturbed
Lily, Elegans	18-24	Various	6-7	Fall. 4-6 deep 6-12 apart	Sun. Shade. Lime. Light soil	Leave undisturbed
Lily, Henryi	48-96	Orange-Yel	7-8	Fall. 10 deep 12-24 apart	Sun. Shade. Any soil. Lime. Hardy.	Leave undisturbed
Lily, Regal	36-72	White	7	Fall. Spr. 6-8 deep. 10-15 apart	Sun. Rich loam	Leave undisturbed
Lily, Turkscap	36-120	Various	7-8	Fall. 5-6 deep 12-24 apart	Sun. Lt. shade. Moist peaty, acid soil	Leave undisturbed
Lily, Tiger	36-72	Orange-red	8-9	Fall. 6-8 deep 12-24 apart	Sun. Lt. shade. Grow anywhere	Leave undisturbed
Lily, Candlestick	24-36	Orange-red	6-7	Fall. 6-8 deep 12 apart	Sun. Lime. Easy to grow	Leave undisturbed
Hardy Amaryllis	24-30	Lilac-pink	8	Fall. 4 deep 10-15 apart	Sun. Lt. shade, any Good Soil	Leave undisturbed
Montbretia	24-36	Various	7-10	Spring. 3-4 deep 3-6 apart	Shade or Sun. Rich soil	Store in North. Leave undisturbed in South
Narcissus	12-18	Various	3-5	Fall. 5 deep 6-12 apart	Sun. Semi-shade. Any soil	Leave undisturbed unless crowded
Tulip	10-32	Various	4-6	Fall. 4 deep 4-6 apart	Sun best. Rich soil	Annually or 2-3 years

Perennial Planting Chart

Name	Height Inches	Color	Bloom Period Months	Propagation	Planting Time	Time to Divide
Alyssum	10-12	Yellow	4-5	Seed	Spring	Does not divide
Anemone	24-36	Various	9-11	Division, Cutting	Spring	When plants crowded
Aster, Hardy	24-60	Various	8-9	Division	Spr., Fall	1-3 yrs.
Bell Flower	36	Various	6	Seed	Fall, Spr.	Does not divide
Blazing Star	48-60	Purple	7-8	Division	Spr., Fall	When crowded
Chinese Bellflower	12-46	Various	7-9	Seed	Spring	Does not divide
Chrysanthemum, hardy	18-30	Various	8-11	Division	Spring	Divide every year to single shoots
Chrysanthemum, maximum	24	White	6-7	Seed, Divis.	Spr., Fall	1-2 yrs.
Columbine	12-24	Various	5-6	Seed	Spring	Does not divide readily
Coreopsis	24-36	Yellow	6-9	Seed	Spr., Fall	Easier to grow from seed
Delphinium	48-72	Various	6	Seed, Divis.	Spr., Fall	When crowded, Easier from seed
Digitalis, Giant Shirley	60	Various	6-7	Seed		Does not divide
Day Lily	24-48	Various	5-10	Division	Spr., Fall	Most kinds seldom divide
Foxglove	24-36	Yellow	6-8	Seed, Divis.	Fall, Spr.	When crowded
Iceland Poppy	8-12	Various	4-9	Seed	Spring	Does not divide
Iris, Tall Bearded	24-40	Many	5-6	Division	Midsummer	3-5 yrs., when crowded
Lavender	12-18	Blue	6-8	Seed, Divis.	Spring	Seldom or never
Oriental Poppy	24-36	Various	5-6	Seed, Divis.	Late Summer	Seldom, unless crowded
Pinks	12	Various	5	Seed, Divis., Cutting	Fall, Spr.	Best grown from seed
Peony	36-48	Various	5-6	Division	Fall	Seldom, unless crowded
Phlox, Border	36	Many	7-8	Division	Spr., Fall	Every 3 yrs.
Phlox, Dwarf	6	Various	5-6	Division		Every 3 yrs.
Primrose	8-10	Various	4-5	Seed, Divis.	Spr., Fall	When crowded
Scabiosa	18-30	Blue	6-9	Seed	Spr., Fall	Does not divide
Stoke's Aster	12	Blue	6-7	Seed, Divis.	Spring	Seldom, hard to divide
Sweet William	12-24	Many	5	Seed	Fall, Spr.	Best from seed
Thrift	4-8	Red	5-6	Division	Spr., Fall	When crowded
Viola	4-6	Various	4-11	Seed	Spr., Fall	Better from seed

courtesy Ortho Products

Where to look in the Bible

when

Anxious for dear ones—*Psalms 121; Luke 17.*

Business is poor—*Psalms 37, 92; Ecclesiastes 5.*

Discouraged—*Psalms 23, 42, 43.*

Everything seems going from bad to worse—*II Timothy 3; Hebrews 13.*

Friends seem to go back on you—*Matthew 5; I Corinthians 13.*

Sorrow overtakes you—*Psalms 46; Matthew 28.*

Tempted to do wrong—*Psalms 15, 19, 139; Matthew 4; James 1.*

Things look "blue"—*Psalms 34, 71; Isaiah 40.*

You seem too busy—*Ecclesiastes 3:1-15.*

You can't go to sleep—*Psalms 4, 56, 130.*

You have quarreled—*Matthew 18; Ephesians 4; James 4.*

You are weary—*Psalms 95:1-7; Matthew 11.*

Worries oppress you—*Psalms 46; Matthew 6.*

If you

Are challenged by opposing forces—*Ephesians 6; Philippians 4.*

Are facing a crisis—*Job 28:12-28; Proverbs 8; Isaiah 55.*

Are jealous—*Psalms 49; James 3.*

Are impatient—*Psalms 40, 90; Hebrews 12.*

Are bereaved—*I Corinthians 15; I Thessalonians 4:13-5:28; Revelation 21, 22.*

Are bored—*II Kings 5; Job 38; Psalms 103, 104; Ephesians 3.*

when

Desiring inward peace—*John 14; Romans 8.*

Everything is going well—*Psalms 33:12-22; 100; I Timothy 6; James 2:1-17.*

Satisfied with yourself—*Proverbs 11; Luke 16.*

Seeking the best investment—*Matthew 7.*

Starting a new job—*Psalms 1; Proverbs 16; Philippians 3:7-21.*

You have been placed in a position of responsibility—*Joshua 1:1-9; Proverbs 2; II Corinthians 8:1-15*

Making a new home—*Psalms 127; Proverbs 17; Ephesians 5; Colossians 3; I Peter 3:1-17; I John 4.*

You are out for a good time—*Matthew 15:1-20; II Corinthians 3; Galatians 5.*

Wanting to live successfully with your fellowmen—*Romans 12.*

to find

The Ten Commandments—*Exodus 20; Deuteronomy 5.*

The Shepherd Psalm—*Psalms 23.*

The Birth of Jesus—*Matthew 1, 2; Luke 2.*

The Beatitudes—*Matthew 5:1-12.*

The Lord's Prayer—*Matthew 6:5-15; Luke 11:1-13.*

The Sermon on the Mount—*Matthew 5, 6, 7.*

The Great Commandments—*Matthew 22:34-40.*

The Great Commission—*Matthew 28:16-20.*

The Parable of the Good Samaritan—*Luke 10.*

The Parable of the Prodigal Son—*Luke 15.*

The Parable of the Sower—*Matthew 13; Mark 4; Luke 8.*

The Last Judgment—*Matthew 25.*

The Crucifixion, Death and Resurrection of Jesus—*Matthew 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*

The Outpouring of the Holy Spirit—*Acts 2.*

If you

Bear a grudge—*Luke 6; II Corinthians 4; Ephesians 4.*

Have experienced severe losses—*Colossians 1; I Peter 1.*

Have been disobedient—*Isaiah 6; Mark 12; Luke 5.*

Need forgiveness—*Matthew 23; Luke 15; Philemon.*

Are sick or in pain—*Psalms 6, 39, 41, 67; Isaiah 26.*

when you

Feel your faith is weak—*Psalms 126, 146; Hebrews 11.*

Think God seems far away—*Psalms 25, 125, 138; Luke 10.*

Are leaving home—*Psalms 119; Proverbs 3, 4.*

Are planning your budget—*Mark 4; Luke 19.*

Are becoming lax and indifferent—*Matthew 25; Revelation 3.*

Are lonely or fearful—*Psalms 27, 91; Luke 8; I Peter 4.*

Fear death—*John 11, 17, 20; II Corinthians 5; I John 3; Revelation 14.*

Have sinned—*Psalms 51; Isaiah 53; John 3; I John 1.*

Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*

Want a worshipful mood—*Psalms 24, 84, 116; Isaiah 1:10-20; John 4:1-45.*

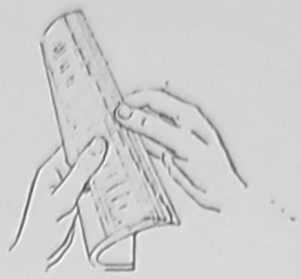
Are concerned with God in national life—*Deuteronomy 8; Psalms 85, 118, 124; Isaiah 41:8-20; Micah 4, 6:6-16.*

courtesy American Bible Society

Favorite Family Recipes

Expression of Appreciation

We wish to thank all of the Tacoma Navy Mothers for their time and effort in making this cook book a successful project.



THUMB INDEX

APPETIZERS, PICKLES, RELISH

SOUPS, SALADS, DRESSINGS, SAUCES

MAIN DISHES— MEAT, SEAFOOD, POULTRY

MAIN DISHES— EGG, CHEESE, SPAGHETTI, CASSEROLE

VEGETABLES

BREAD, ROLLS, PIES, PASTRY

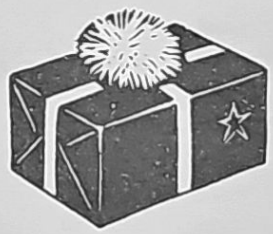
CAKES, COOKIES, ICINGS

DESSERTS

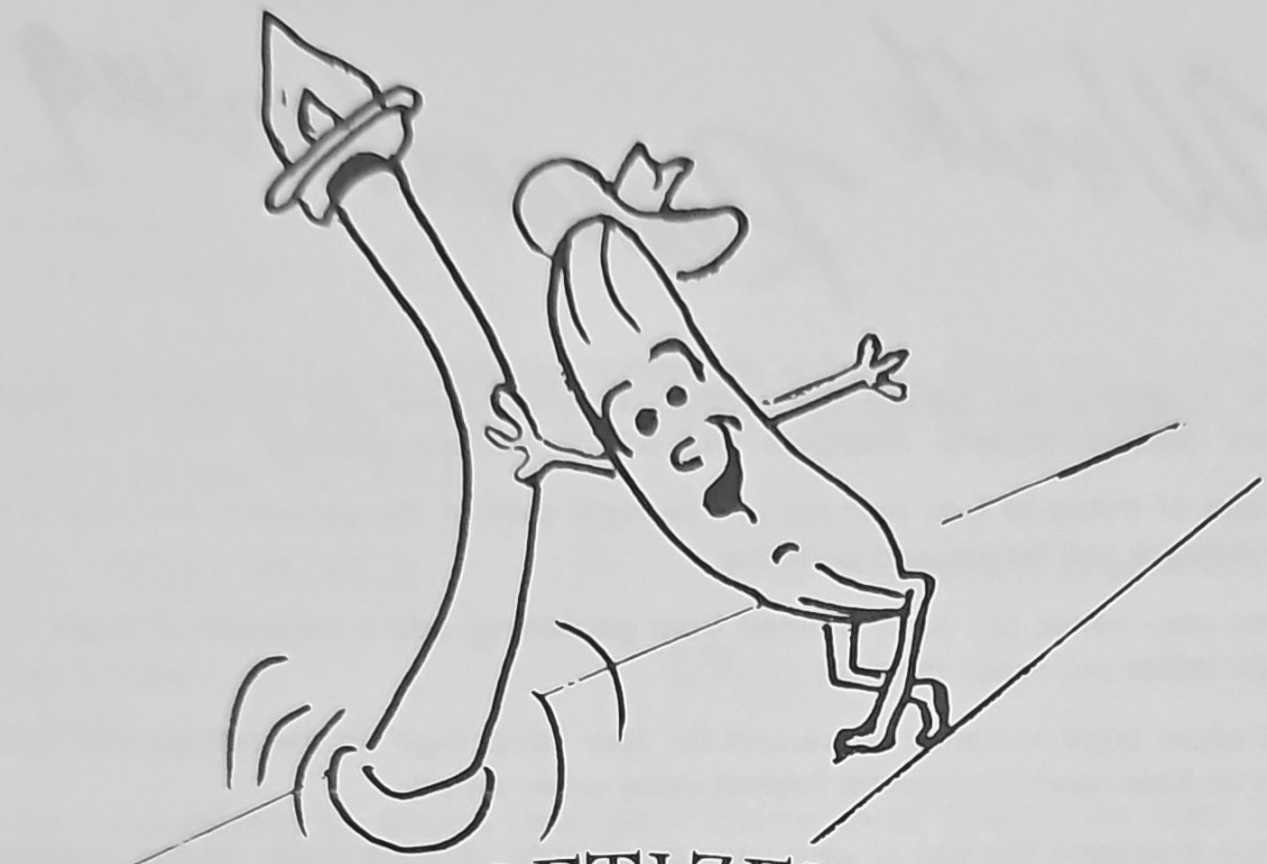
CANDY, JELLY, JAM, PRESERVES

BEVERAGES, MISCELLANEOUS

A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS



ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE



APPETIZERS

Pickles & Relish

Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

DILL PICKLES

Evelyn Perry

2 qt. water
1 qt. vinegar
1 tsp. cream tartar
1 c. salt
dill

Let water, salt and vinegar come to a boil, then let it stand until cool - put in jars. Put 1 tsp. cream tartar to each quart.
Don't forget the dill!

GARLIC DILL PICKLES

Elizabeth Brunswick

1 gallon brine
1/2 c. salt
1/2 c. water

Put cucumbers in crock and pour brine over them, be sure the brine is over the top then let stand overnight - drain. Boil 5 quarts water, 1 pint vinegar, 1 large cup salt then let cool. Then take cucumbers and pack in jars, put 2 dill tops and a red chili pepper, dried ones, 1 kernel of garlic then cover with the brine that has been cooled.

CRANBERRY NUT RELISH

Millie Sharman

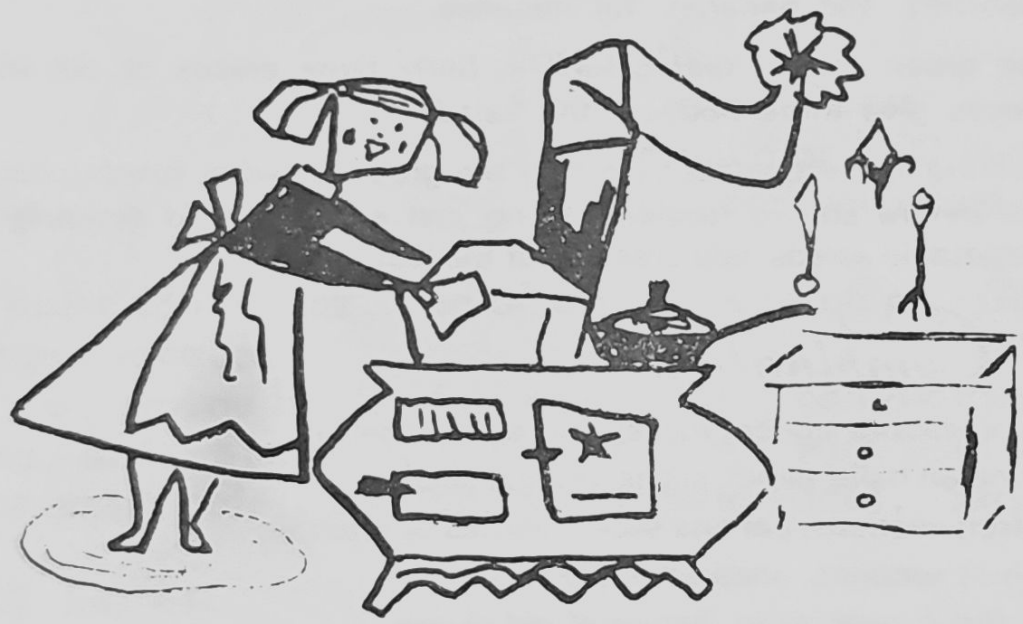
4 c. cranberries
2 c. sugar
1 c. chopped nuts
1 lemon grated
1 orange, grated

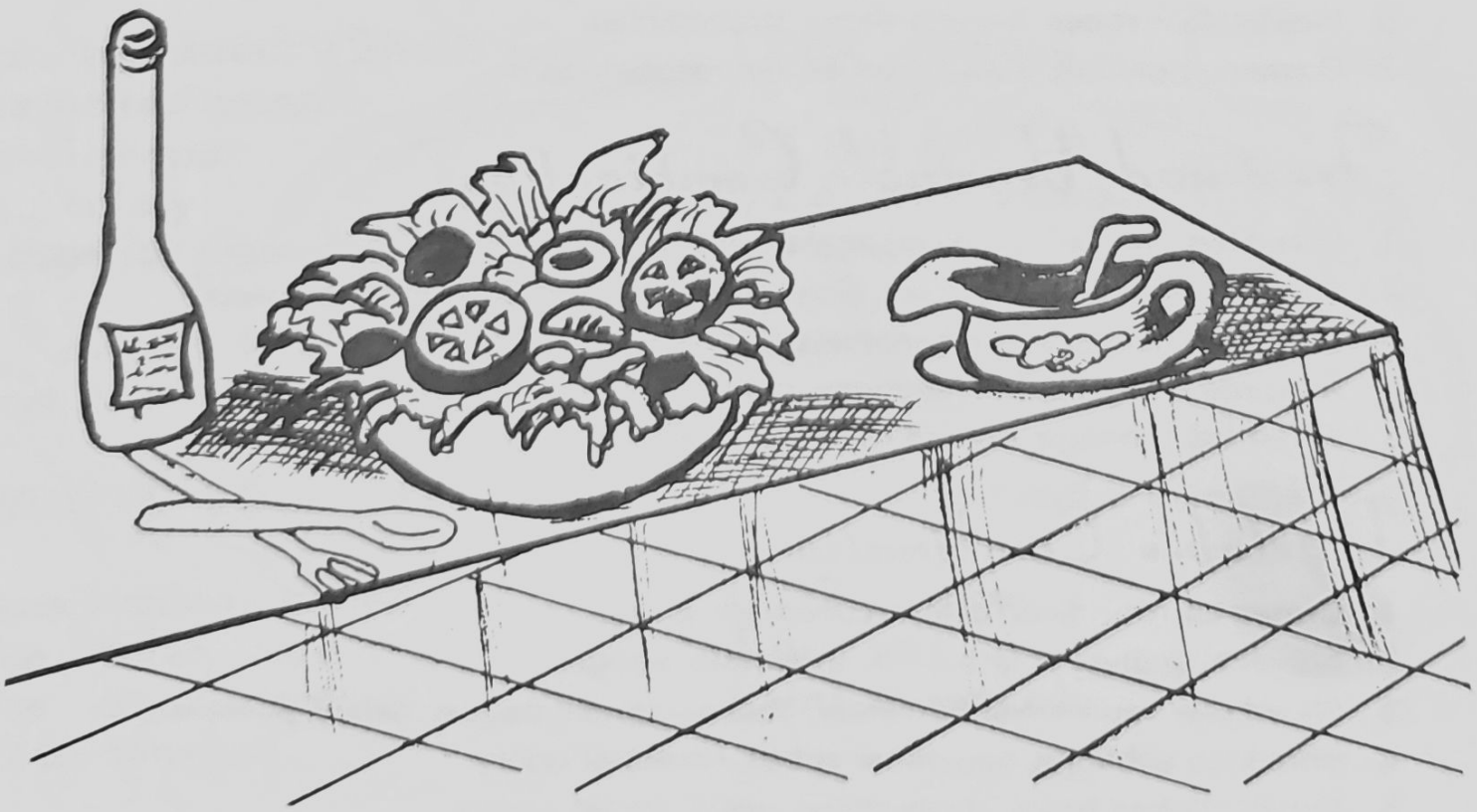
Put fruit through food chopper and sugar and mix well. Chill and refrigerate for several hours. Just before serving, add the nuts. Makes about one quart of relish.

Write your extra recipes here:

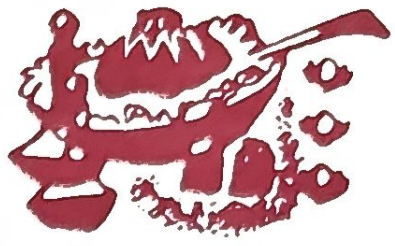
Write your extra recipes here:

soups salads sauces & dressing





Salads and Salad Dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.

HOT CHICKEN SALAD

Esther Peters

2 c. boiled chicken breasts
2 c. seasoned bread stuffing
1 c. mayonnaise
2 Tbsp. onion flakes
1 c. shredded Cheddar cheese
2 c. celery
1/2 c. broth
2 Tbsp. lemon juice
1/2 c. chopped almonds

Mix and put in casserole, sprinkle with potato chips just before putting in oven. Bake 350 degrees till bubbles. Can be put together a day or two ahead.

MEXICAN CHEF SALAD

Frances Stratton

Chop:
1 dry onion
4 tomatoes
1 head lettuce

Toss with:
4 oz. grated cheese
8 oz. French or 1000 Island dressing and hot sauce to taste

Crunch and add 1 - 6 oz. bag of corn or taco chips. Slice and add 1 large avocado.

Brown 1 lb. ground beef. Add one (15 oz.) can drained kidney beans, 1/4 tsp. salt. Simmer 10 minutes and mix with cold salad. Decorate with extra chips, avocado and tomato slices. Serves 6.

SAUERKRAUT SALAD

Al Parks

1 qt. sauerkraut with the juice
1 large red onion
1 bell pepper
1 c. celery
1 large jar pimentos
1 large unpeeled apple
1 c. sugar
3/4 tsp. salt
1/2 c. wine vinegar
1/4 c. olive oil

Mix all ingredients together and let stand in refrigerator at least 24 hours before serving.

SWEET & SOUR DRESSING

Nadine Gambill

1 small onion, grated
1 tsp. celery seed
1 tsp. dry mustard
1/2 c. vinegar
1 1/2 c. sugar
2 tsp. salt
1 pint Wesson oil

Measure all together and beat well. Serve on lettuce salad.

CRANBERRY SALAD

Alma Hill

1 bag cranberries
3 c. water

Boil until berries pop and a little longer. Add 1 1/2 c. sugar plus 1 large Cherry jello and chill. Then add 3 cups chopped apples, 1 c. diced celery, 1/2 c. chopped nuts.

Let stand until firm. (Very good).

COTTAGE CHEESE SALAD

Rose Berry

1 pkg. lime jello
1 c. hot water
1/2 c. milk
1/2 c. cottage cheese
1/2 c. chopped nuts
1/2 c. mayonnaise
1/2 c. pears
1/2 c. peaches or pineapple

Don't mix the milk into jello when extremely hot. Put other ingredients in first to cool it before adding milk.

SHRIMP SALAD

Rose Berry

1 pkg. lemon jello
1 c. hot water
1/2 c. coffee cream
1/2 c. mayonnaise
1/2 tsp. salt
1 - 5 oz. jar pimento cheese
1/2 c. chopped celery
3 hard boiled eggs
grated onions, chopped

BEAN SALAD SUPREME

Rose Berry

1 can green beans
1 can yellow wax beans
1 can kidney beans
1/2 c. green chopped peppers
1/2 c. onions, thinly sliced

Put all in a large bowl, add the following: 1/2 cup oil, 3/4 cup sugar, 1/2 cup vinegar, salt and pepper to taste. Let stand overnight in refrigerator. One can of lima and garbanzo beans may be added.

APRICOT SALAD

Frances Stratton

1 #303 can apricots, drained
1 #303 can crushed pineapple
2 pkgs. orange jello
2 c. boiling water
1 c. each apricot juice and pineapple juice

(Cont.)

Drain and chop apricots, drain pineapple. Combine water and jello. Add juice. Cool mixture and add fruits and 1 cup small marshmallows. Chill until set. Serve with the following topping:

1/4 c. sugar
2 Tbsp. flour
1/2 c. each apricot and pineapple juice
1 slightly beaten egg
2 Tbsp. butter or margarine

Cook until thick. Cool. Fold in 1 cup cream or Dream Whip. Both are good. Spread on jello and top with 3/4 cup grated cheese. Fills a 9 x 11 pan.

DRESSING FOR ANY TYPE SALAD

Dolly Hill

1 can Nestles star brand condensed milk
about 1/2 pt. vinegar
1 tsp. dry mustard
1 tsp. salt
yolks of 3 hard boiled eggs

Mix mustard, salt and eggs, then slowly add milk and vinegar. Put in jar. Will keep for a long time in cool place.

HOT CRAB SALAD
(Delicious)

Alma Mc Donald

1 can crab or equivalent of fresh
2 cans cream of mushroom soup
1 can or less pimento
3 hard boiled eggs
1 green pepper diced
1 1/2 c. diced celery

Mix well, place in casserole. Cover with buttered bread crumbs. Bake in 350 degree oven. Serve on lettuce and mayonnaise.

MEAT SAUCE

Frances Stratton

1/4 c. olive oil
1 small can tomato paste
2 - #2 1/2 cans whole peeled tomatoes
1 clove garlic

Heat oil, mix in paste. Chop garlic and add and brown in mixture. Strain tomatoes before adding to paste and oil mixture.

Add sweet basil, rosemary, oregano, bay leaf, salt and pepper and Italian seasoning to taste. Cook slowly for 1 to 1 1/2 hours. Add meat balls about 1/2 to 3/4 hours before serving. Add 3 to 4 Tbsp. Romano or Parmesan cheese at the last minute.

LAZY-BONES CLAM CHOWDER

Frances Stratton

1/2 c. dried flaked vegetables
1 c. water
1 can cream of potato soup
1 can minced or whole baby clams
diced bacon

Simmer flakes in water; when fluffed up, put into top of double boiler and add clams and soup. Brown diced bacon and add. This is best when prepared early and left on low heat to mix flavors.

ORANGE SALAD

Alma Hill

1 - 3 oz. jello
1 can pineapple
1 - 9 oz. Cool Whip
1 can mandarin oranges
4 bananas (optional) or use 2 cans oranges

Mix all ingredients together, then add dry jello and chill.

SHRIMP OR CRAB SALAD

Frances Stratton

1 c. crab or shrimp
1 1/2 c. diced celery
1 c. chopped cabbage
1 c. shredded lettuce
1 chopped cucumber
mix with any preferred salad dressing

Serve on lettuce leaves and garnish with quartered or sliced tomatoes, if desired.

FEDERAL SALAD

Frances Stratton

1 can sliced pineapple
1 Tbsp. vinegar
2 c. hot water
1 pkg. orange jello
1 small can pimento
1 diced cucumber
1 c. diced celery
paprika

Dissolve jello in hot water and pineapple juice and vinegar. When jello is semi-set, add other ingredients and continue to refrigerate. Can be served with whipped cream or other toppings such as Tang, etc.

LIME SALAD

Frances Stratton

2 pkg. lime jello (6 oz.)
2 c. hot water
1 large pkg. Philadelphia cream cheese

Melt all together and cool.

(Cont.)

1 c. whipped cream or Cool Whip
1/2 c. chopped nuts
1 can (large) crushed pineapple

Combine and add to the aforementioned mixture. Refrigerate.

SPRING SALAD — Frances Stratton

1 pkg. lemon or lime jello
1 c. boiling water
2 Tbsp. lemon juice or vinegar
dash salt
3/4 c. cold water
1/2 c. chopped cabbage
1/2 c. grated carrots
1/2 c. chopped celery
1/2 c. diced apple

Mix jello, as usual. When it thickens, add mixed vegetables and apple. Chill and serve on lettuce leaves. Add salad dressing if desired.

SHRIMP ASPIC SALAD — Carol Currah

2 cans tomato soup, add water to make 4 cups,
simmer with 1 to 2 bay leaves for 10 minutes, remove the leaf.

Add:
2 pkg. lemon jello, chill until thickened and add 1 cup celery chopped fine, 2 cans shrimp or crab can be used. Mold.

BANANA AND PEANUT SALAD — Al Parks

Make dressing first and refrigerate.
1 Tbsp. vinegar
1/2 c. water 2 Tbsp. flour
1/2 c. sugar
lump of butter rounded Tbsp.
2 egg yolks

Mix first 4 ingredients well and add butter, cook over low heat till it thickens. Pour beaten egg yolks slowly into mixture, continue cooking till thick and creamy. Cool and refrigerate.

Have ready 3 cold bananas, 1 cup salted Spanish peanuts, peel and dice bananas in cold bowl. Put layers of nuts and bananas and layer of dressing till all ingredients are used. Chill 1/2 hour, serve with hot or cold meat.

REAL ITALIAN MEAT SAUCE — Frances Stratton

1/4 c. olive oil
1/2 c. chopped dry onion
2 #2 1/2 cans tomatoes (7 c.)
1 - 6 oz. can tomato paste

(Cont.)

1/2 lb. pork shoulder
1/2 lb. chuck beef
1 Tbsp. salt
1 bay leaf

Mix ground meats. Heat olive oil in saucepan. Add onions cook lightly until brown. Slowly add tomatoes and salt and bay leaf. Cover and simmer for 2 1/2 hours. Add can of paste. Simmer uncovered, stirring occasionally for 2 hours. Can be used in many Italian dishes.

CRANBERRY SAUCE WITH APPLES — Frances Collier

5 apples, cut in big pieces
3 c. sugar
1 pkg. cranberries

Cook apples and 2 c. sugar for 5 minutes. Add cranberries and one cup sugar. Bring to boil, cool and store. Make sauce week before needed. Good and pretty.

PINEAPPLE MARSHMALLOW SALAD — Evelyn Perry

Use large package of vanilla pudding. Let cool. Add 1/2 pkg. small marshmallows, 1 can chunk pineapple (medium), add 1 cup whipped cream. Best to mix one hour or so before serving.

Be sure to keep refrigerated.

BOILED SALAD DRESSING — Frances Stratton
(50 years old)

Make a sauce of:
2 Tbsp. each butter and flour
1 c. milk

Then add the following, mixed together:
2 well-beaten eggs
salt and pepper to taste
2 Tbsp. sugar
1/2 c. vinegar
1 tsp. mustard (dry)

Cook over hot water, until mixture coats spoon. Can be thinned with sour cream, if desired. Good for potato salad.

FRENCH DRESSING

1 c. salad dressing
1/2 c. vinegar
1 c. catsup
juice from one (1) lemon
1 tsp. paprika
1 c. sugar
1/4 c. grated onion
or onion salt
1 tsp. salt

(Cont.)

Ingredients put in a blender. Mix well or with a hand beater. Celery salt, seed or mustard, dry can be added.

HONEY DRESSING — Alma Mc Donald

2/3 c. sugar
1 tsp. dry mustard
1/4 tsp. salt
1 tsp. celery seed
1/3 c. honey
5 Tbsp. vinegar
1 Tbsp. lemon juice
1 tsp. grated onion
1 c. salad oil

Mix dry ingredients, add honey, vinegar, lemon juice and grated onion. Pour oil into mixture slowly, beating constantly with beater or mixer.

Makes 2 cups. Keeps indefinately. For fruit or vegetable salads.

GUA CANIOLE CALIFORNIA DRESSING — Evelyn Perry

2 avocados, mashed
1/4 c. sour milk
2 Tbsp. minced onion
dash of hot pepper sauce
2 medium tomatoes peeled and chopped
2 tsp. salt
1 tsp. chili powder
1 clove garlic, crushed
4 tsp. lemon juice

Combine all ingredients. Cover and chill. Makes about 3 cups.

EASY SWEET AND SOUR SAUCE — Helen Currah

1 c. sugar
1 c. white vinegar
1 c. catsup
1 c. water

Mix together in a saucepan. Cook over slow heat until thick and bubbly about one hour. Mixture will be even thicker when cool. Makes about 2 cups. Sauce keeps indefinitely in refrigerator.

TESTY VINEGAR DRESSING — Winnie Pringle

1/4 c. salad oil
1/3 c. Tarragon vinegar
1/3 c. sugar
1 tsp. salt

Combine all ingredients and beat well. Chill thoroughly. Shake well before serving.

JIFFY BARBECUE SAUCE

Helen Currah

1/2 c. Wesson oil
3/4 c. chopped onion
3/4 c. catsup
3/4 c. water
1/3 c. lemon juice
3 Tbsp. sugar
3 Tbsp. Worcestershire sauce
2 Tbsp. prepared mustard
2 tsp. salt
1/2 tsp. pepper

Cook onions till soft in hot Wesson oil. Add remaining ingredients. Simmer 15 minutes. Good for hamburgers, frankfurters, chicken or spareribs.

SOUR CREAM SALAD

Dorothy Hunter

1 c. sour cream
1 c. pineapple chunks
1 c. miniature marshmallows
1 can mandarin oranges
1 c. coconut

Mix and let stand overnight. Add bananas before serving.

SAURKRAUT SALAD

Clara Mikelson

1 No. 2 1/2 can saurkraut (rinse in cold water and drain)
1 medium onion, chopped
1/2 c. vinegar
1 c. chopped celery
1 c. diced green pepper
1 c. sugar
1/2 c. Wesson oil, add pimentos for color

Mix all ingredients and refrigerate at least 24 hours before serving.

CRANBERRY SALAD

Helen Currah

2 pkg. orange jello
2 tsp. grated orange rind
1 - 8 3/4 oz. can crushed pineapple
1 1/2 c. boiling water
1 - 16 oz. can jellied cranberries
1/2 c. diced celery

Dissolve jello in boiling water, add orange rind and chill until thickened. Stir in pineapple and celery. Chill 3-4 hours.

JELLO SALAD

Ruth Surbrook

1 large or 2 small pkg. of lime or lemon jello
1 c. liquid from fruit cocktail, if you don't have 1 c. of liquid, add water
2 Tbsp. cornstarch
1 large can fruit cocktail (add one or more sliced bananas
beat 1 egg
1/2 c. sugar
2 Tbsp. butter

Cook until thick. Refrigerate overnight. Beat 1 pkg. Dream Whip as directions on package. Mix with cooked mixture and spread over jello. Sprinkle grated Cheddar cheese over top.

MOLDED COTTAGE CHEESE SALAD

Merretta Cowan

1 pkg. lemon jello
1/2 c. creamy cottage cheese
1/2 c. broken walnuts or pecans
1 c. crushed pineapple
1 c. hot water
1 c. cream whipped
1/2 c. Maraschino cherries, quartered

Dissolve jello in hot water. Chill in until partially set. Fold in cottage cheese, nuts, cherries and whipped cream. Pour in 8 x 8" mold chill until firm. Serves 8 people.

APRICOT NECTAR SALAD MOLD

Merretta Cowan

1 1/2 c. apricot nectar
1 small can crushed pineapple, drained
1 small can mandarin oranges, drained
1 - 3 oz. pkg. orange jello

Combine apricot nectar and pineapple juice to make 2 cups. Heat to a boil and add to orange jello. Put in refrigerator until slightly thickened, fold in pineapple and oranges. Serves about 5 people.

SUMMER TIME SALAD

Carrie Hamilton

3 oz. pkg. lime gelatin
3/4 c. boiling water
1 c. evaporated milk
9 oz. can crushed pineapple
1 tsp. lemon juice
1 c. cottage cheese
1/2 c. nuts
1/2 c. celery
1/2 c. salad dressing or mayonnaise

Dissolve gelatin in boiling water, cool slightly, then stir in canned milk. Chill until thick, but not firm. Fold in remaining

(Cont.)

ingredients. Pour into 8 inch square pan or mold and chill until firm.

ORANGE SHERBET SALAD

Merretta Cowan

1 pkg. orange jello
3 oz. pkg. cream cheese, softened in boiling water and jello
1 c. boiling water
1/2 pint orange sherbet

Mix first 4 ingredients, chill until syrupy. Drain small can of mandarin oranges, and small can of crushed pineapple drained, add to above. Whip one package of Dream Whip, fold into first mixture. Put in 8 x 8 inch pan.

ORANGE SHERBET SALAD

Mary Blatz

3 pkg. orange jello
2 c. boiling water
1 pint orange sherbet
1 large can crushed pineapple, drained
2 c. mandarin oranges
1/2 pt. whipped cream

Dissolve jello in boiling water, add sherbet stirring until dissolved. Place in refrigerator. When syrupy, beat the mixture. Add the fruit, mix well. Last, fold whipped cream, allow to set in refrigerator.

CHERRY WALDORF SALAD

Merretta Cowan

1 pkg. (3 oz.) black cherry or cherry jello
3/4 c. cold water
1/2 c. sliced bananas
dash of salt
1 c. boiling water
1/2 c. diced apples
1/4 c. chopped celery

Dissolve jello and salt in boiling water, add cold water, chill until very thick. Fold in remaining ingredients. Spoon into a one quart mold or 8 x 8 inch square pan or dessert dishes. Chill until firm. Makes about 6 servings.

DARN GOOD SALAD

John Erdell

1 or 2 pkg. lemon jello
1 or 2 c. boiling water

Dissolve jello and mix with medium size jar of marshmallow creme.

(Cont.)

Add 8 oz. pkg. cream cheese and another cup of hot water. Mix until well blended. Chill until thickened. Fold in:

1 c. grated carrots
1/2 c. chopped pecans
1 small can crushed pineapple

Whip and fold in:

1/2 pt. whipping cream

Put in dish or mold and chill.

HOT SEAFOOD SALAD

Mary Blatz

1/4 c. butter
1 green pepper, chopped
2 c. milk
3 Tbsp. butter
2 c. cooked rice
1/4 c. onions, chopped
1 c. celery, chopped
3 Tbsp. flour
1 can tuna, drained
1 can crab, drained
1 c. shrimp, cleaned
1 c. mayonnaise
1 c. corn flakes, crushed
1 can cream of mushroom soup
1 can cream of celery soup

Simmer celery and onions and green pepper in 1/4 cup butter in covered pan. Make white sauce of 1 1/2 c. milk, butter and flour. Add tuna, crab, shrimp and celery mixture and mayonnaise, to white sauce, pour over rice which has spread in shallow baking dish, cover with corn flakes. Bake 30-40 minutes at 325 degrees. Combine soup and remaining milk, simmer until blended, serve over salad.

FROSTED FRUIT SALAD

Merretta Cowan

1 large pkg. lemon jello
2 c. 7-Up
3 bananas, sliced
2 c. miniature marshmallows
1 c. boiling water, 1 c. cold water
1 large can pineapple, drained

Dissolve jello in boiling water, add cold water and 7-Up. Chill until slightly thickened. Add bananas, pineapple and marshmallows. Chill until firm.

Topping for Salad:
1 c. pineapple juice
2 Tbsp. flour (heaping)
1 c. sugar
pinch of salt

(Cont.)

2 Tbsp. butter
1/2 c. finely chopped nuts
2 pkg. dessert topping (Dream Whip)
1 c. finely shredded coconuts

Cook pineapple juice, flour, salt and sugar until thick, add butter, cool, fold in dessert topping.

RED AND WHITE LAYERED SALAD

Merretta Cowan

1 envelope unflavored gelatin
1/4 c. boiling water
1 c. salad dressing
3 sweet pickles, chopped
1 can tuna fish, shrimp or crab meat
1/4 c. cold water
1/2 pt. whipping cream
2 hard cooked eggs, finely chopped
1 c. chopped celery
1 pkg. raspberry jello
2 c. tomato juice

Soak gelatin in cold water, pour in boiling water, dissolve. Whip cream, add salad dressing and mix with gelatin, add eggs, pickle, celery, tuna, crab meat or shrimp. Pour into a 8 x 8" pan.

Dissolve jello in 1 cup of hot tomato juice. Stir in 1 cup of cold tomato juice, salt to taste. Let cool, pour over first layer before allowed to set.

PISTACHIO SALAD

Florence Drange

1 box pistachio instant pudding
2 c. miniature marshmallows
1 - 9 oz. container Cool Whip
1/2 c. chopped nuts
1 can crushed pineapple (20 oz.) (juice and all - cool before using pineapple

Thaw Cool Whip in refrigerator. Mix pistachio pudding and cooled pineapple thoroughly. Stir in marshmallows and nuts. Add Cool Whip. Mix and refrigerate. Keeps for about one week. Also should be made day before it is used.

Write your extra recipes here:

MAIN DISHES

meat
fish
poultry

TO THE CARVER

● Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.

● The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.

● Carving is unduly complicated by a dull knife.

● And remember the first rule of carving . . . . .

"*Cut across the grain*"

If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

TO THE HOSTESS

● A large roast can be carved more easily after it stands for about thirty minutes.

● When garnishing, don't be over-generous; leave space for the work to be done.

● Servings cool quickly so plates and platter *must* be heated.

● An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

MAIN DISHES--
MEAT, SEAFOOD, POULTRY

SPARERIBS SWEET AND SOUR

Evelyn Perry

2 lb. pork spareribs, (country style is best)
2 Tbsp. Crisco
2 Tbsp. brown sugar
1 1/2 c. water or pineapple juice
1/2 tsp. salt
1/4 c. vinegar
1/2 c. chopped green peppers
3 Tbsp. cornstarch
1/2 c. chopped onions

Cook spareribs until tender in covered pan with water to cover. Drain when done and save the water. Melt fat, brown ribs well. Combine sugar, cornstarch, salt, vinegar, soy sauce, (pineapple juice or apple juice or water). Cook ribs. Mix well and add the meat. Stir in the vegetables cooked until tender. Pour the gravy over rice or noodles while hot.

CRAB SUPREME

Rose Berry

8 slices bread, crust removed
2 c. crab, 1 chicken or turkey can be used
1 onion chopped
1/2 c. mayonnaise
1 c. celery, cut fine
3 c. milk
4 eggs, beaten
1 can mushroom soup
1 tsp. salt, cheese, paprika for top

Grease casserole with butter, place bread slices on bottom. Mix mayonnaise, celery, onion, crab and mushroom soup, and pour over bread. Crumb up crust and place on top. Beat eggs and milk, and pour over this. Set in refrigerator for 6-8 hours or overnight.

Mix few bread crumbs, cheese and paprika for top. Bake in dish of hot water for 1 hour at 350 degrees.

SLOPPY JOES

Esther Peters

2 lb. hamburger
chopped onion
1 Tbsp. relish
2 cans chicken gumbo soup
1/4 c. catsup
salt, pepper, garlic salt

Saute onion, brown hamburger. Add soup, catsup and relish. Season to taste. Serve over toasted hamburger buns.

MEAT BALLS

Frances Stratton

Mix:
1 lb. ground beef
2 beaten eggs
1/2 tsp. parsley
1/2 Tbsp. olive oil
1/4 c. Parmesan cheese
salt and pepper to taste
1 c. Cantadina bread crumbs, with little water to moisten

Form meat balls and place in sauce 1/2 hour to 45 minutes before serving.

VEAL SCALOPPINI MARSALA

Frances Stratton

flour
garlic salt
pepper
butter
nutmeg
veal scaloppini
Marsala wine

Mix dry ingredients. Dredge pieces of veal and brown in butter. Remove from heat. Add Marsala wine to pan, loosening browned bits. Add veal to pan again and cook for a few minutes. Serve.

BARBECUED SPARERIBS

Frances Stratton

Select meaty ribs and parboil about 25 minutes. Marinate overnight in a sauce made with any good smoky flavored barbecue sauce to which you can add marjoram, basil, oregano, pinch of garlic salt, teriyaki sauce and a half cup of dry white wine. Spread on shallow pan and pour sauce over and bake for 1 to 1 1/2 hours in a slow oven (325 degrees). Serve with baked beans and coleslaw type salad.

STEWED FOWL (Greek)

Frances Stratton

1 med. sized fowl
1 c. chopped onion
1 sm. glass red or white wine
1 tsp. sugar
2 Tbsp. butter
2 Tbsp. tomato puree or 1 can tomato sauce
salt and pepper to taste

Quarter fowl. Cook with onions and butter until golden brown. Add wine, simmer 5 minutes. Add tomato, diluted with 1 cup water. Simmer until tender. Add more water if necessary. Serve hot, garnish with noodles or spaghetti. Sprinkle generously with melted butter and grated cheese. Pour gravy on top.

SCRAMBLED SHRIMP

Frances Stratton

4 eggs
2 Tbsp. cream of milk
1/4 tsp. dry mustard
1 can cocktail shrimp, drained
1/2 tsp. salt
1/8 tsp. pepper

Beat eggs lightly, stir in milk, mustard, salt, pepper and shrimp. Melt 1 tsp. butter in skillet, add egg mixture and cook until set.

CHICKEN WITH WINE

Frances Stratton

1 cut-up fryer
flour, salt, pepper
1 bunch green onions
1/2 c. sliced fresh mushrooms
2 Tbsp. chopped parsley
pinch thyme
pinch marjoram
dash Worcestershire sauce
1 crumbled bay leaf
1 c. dry white wine or dry Vermouth

Shake chicken pieces in seasoned flour. Brown in frying pan. Remove and place in casserole. In oil in pan, put sliced onions and mushrooms. When lightly browned, add other ingredients. Simmer gently to blend flavors. Pour over chicken and bake in covered casserole in a 325 degree oven for 1 to 1 1/2 hours, or until tender. To make a delicious gravy, remove chicken and add one can of cream of chicken soup and blend and simmer on stove until bubbly.

BAKED CHICKEN

Al Parks

1 - 3 oz. pkg. dried beef
6 slices bacon
1 c. mushroom soup
3 large chicken breasts boned and skinned, also halved
1 c. dairy sour cream

Run cold water over dried beef and drain, then arrange in bottom of 12 x 8 x 2" baking dish. Place halved chicken breasts over beef top each with slice of bacon. Bake uncovered at 350 degrees for 30 minutes. Combine soup and sour cream, pour over chicken and continue baking for 40 to 50 minutes, depending on size of chicken.

CRAB MEAT DUNK (Can be used with shrimp too)

Frances Stratton

1 - 8 oz. pkg. cream cheese
1/3 c. undiluted canned milk
1/3 c. mayonnaise
1 Tbsp. finely diced onion
1/2 clove crushed garlic
1 Tbsp. lemon juice
few drops Tabasco sauce
1 - 6 oz. can or 1 c. fresh crab or shrimp meat

(Cont.)

Whip cheese with milk, add in mayonnaise. Beat in onion, garlic, lemon juice and sauce, fold in seafood. Yield, 2 1/2 cups dunk.

PEPPER STEAK — Frances Stratton

1 1/2 lb. round steak
2 Tbsp. flour
salt
dash of pepper
2 Tbsp. shortening
1 can Campbells onion soup
1/2 c. catsup
1 medium green pepper, cut in 1/8's

Combine flour, salt and pepper. Pound into steak with meat hammer or edge of heavy sauce. Brown meat in shortening in heavy skillet, pour off excess fat. Add soup and catsup. Cover and cook one hour over low heat. Add green pepper and cook 20 minutes more, stirring now and then.

HAMBURGER (for 10 people) — Frances Stratton

3 lb. ground sirloin
3 lb. ground chuck
1 1/2 Tbsp. ground ginger
1 1/2 Tbsp. turmeric
1 1/2 Tbsp. dry mustard
1 1/2 Tbsp. ground black Java pepper
1 1/4 c. Worcestershire sauce
1 1/2 c. chopped peanuts
1 medium finely chopped onion
3/4 c. catsup
salt to taste
2 bottles sesame seeds

Spread ground meat over bottom of roasting pan, sprinkle 1/2 of all ingredients except sesame seeds over meat. Knead mixture thoroughly. Respread over pan and add remainder of ingredients and mix well again. Shape meat into patties, 10 or 12. Place on large sheet of wax paper on table and cover with sesame seeds, roll patties in seeds and coat well. Barbecue to tenderness.

KOREAN BROILED BEEF — Frances Stratton

4 Tbsp. sesame seeds
1 lb. lean beef (round, sirloin, rib or flank)
2 Tbsp. sugar
1 Tbsp. vegetable oil
1/4 tsp. garlic powder
2 Tbsp. soy sauce
1 green onion and top, finely chopped
1 large clove garlic (chopped)
1 Tbsp. flour
1 Tbsp. sherry or beef broth

(Cont.)

Place sesame seeds in small skillet and place over low (200) degree heat until lightly browned, stirring frequently. Cool slightly, grind or mash. Combine seeds, sugar, oil, soy sauce, garlic, flour, pepper and sherry or broth in medium sized ball. Blend well. Add meat to marinade, stir to coat well. Let stand 20 minutes. Grill over charcoal or under broiler. Broil about 3 inches from heat about 1/2 minute on each side. Serve hot, serves three as a main dish.

NEAR EAST LAMB STEW

Frances Stratton

2 lb. lamb stew meat
olive oil, salt, pepper
1 chopped onion
1 minced clove garlic
1 small eggplant, cut in small chunks
thyme leaves, crushed
2 quartered tomatoes
1 green pepper, cut in 1 inch squares

Coat lamb in flour, salt and pepper. Heat oil in heavy skillet and brown lamb. Add onion and garlic; brown a few minutes longer. Add 1/2 to 1/2 cup water and thyme. Cover and simmer until meat is tender. Add tomatoes, pepper and egg plant. Cook until vegetables are tender. Serve hot over rice.

BAKED RICE JUMBO

1 c. uncooked rice
1 large onion, chopped
1/2 lb. ground beef
1/2 tsp. pepper
1 tsp. sugar
1 quart canned tomatoes
1/4 lb. ground salt pork
1 1/2 tsp. salt
1/2 tsp. thyme

Mix all the ingredients together and pour into a large greased casserole dish - at least a 2 quart size. Cover and bake in a 300 degree oven for about 2 hours. Will serve 8.

BEEF ROLL

Dolly Hill

1/2 lb. beef
3 oz. bread crumbs
a little mace, pepper and salt
1/2 lb. smoked ham
1 egg

Put meat through food chopper. Add bread crumbs, egg and seasonings. Roll in greased paper and steam 2 hours.

CHILI

Dorothy Hunter

Fry together:
1 1/2 lb. hamburger
1 large onion

After fried thoroughly, add:

2 cans kidney beans
1 bottle chili sauce
chili powder to taste
1 large can whole tomatoes
1/2 c. catsup

Simmer all morning.

CORN BEEF & NOODLES

Mary Blatz

4 strips bacon
1 green pepper
1 onion
1 can mushroom soup, or one can cream of chicken soup
1/2 c. corn beef, chopped
1/2 pkg. Chinese - noodles, cooked

Simmer bacon, green pepper and onion in covered pan, add soup and 1/2 c. milk and corn beef. Mix in cooked noodles and put in baking pan. Top with 1/2 cup cheese and bread crumbs. Bake at 350 degrees for 30 minutes.

TALLARENE

Mary Blatz

2 heaping cups uncooked noodles
1 lb. ground beef
1 can tomato soup
1 can corn
1 can ripe olives, cut
1 c. grated cheese
1 medium onion, chopped
1 c. water

Brown meat and onions, add tomato soup, water and uncooked noodles. Stir and cook until noodles are tender. More water may be needed to keep moist, salt to taste, add corn, olives, pour into buttered casserole. Top with cheese. Cook 45 minutes at 350 degrees.

CRAB CASSEROLE

Esther Peters

8 slices bread (cubed)
1/2 c. mayonnaise
1 c. mushroom soup
3 c. milk
1 c. grated cheese
2 c. crab
1 onion
4 eggs
1 c. celery
1 green pepper

(Cont.)

Dice bread into buttered 9 x 12" dish, mix crab, mayonnaise, grated pepper, onion and celery, spread over bread, eggs and milk, pour over mixture. Refrigerate overnight. Bake 325 degrees oven for 15 minutes. Spoon mushroom soup and cheese over top. Sprinkle with paprika. Bake 1 hour at 325 degrees.

OVEN BARBECUED CHICKEN

Sarah Sellers

1/2 c. butter or margarine
1/4 c. lemon juice
2 Tbsp. Worcestershire sauce
2 1/2 to 3 lb. cut up chicken
1/4 c. barbecue sauce or hickory catsup
salt and pepper

Melt butter, stir in catsup, lemon juice and Worcestershire sauce. Bring to a boil, remove from heat. Arrange chicken in baking pan, pour over the sauce. Bake 350 degrees oven for 45 minutes.

CHICKEN CASSEROLE

Helen Miller

2 c. cooked chicken
2 cans mushroom soup
1/2 c. celery, chopped
2 c. raw noodles
1 c. grated cheese
1 small onion, chopped

Mix together, refrigerate overnight. Put in 9 x 13" pan. (8 x 8" for 1/2 recipe). Crushed potato chips on top. Bake 1 hour at 350 degrees.

CHICKEN & DRESSING BAKE

Pat Kerr

In plastic bag, combine 1/4 cup flour, 1 tsp. salt, 1/2 tsp. paprika, 1/8 tsp. pepper. Use this mixture for coating 5 chicken thighs, shake thoroughly.

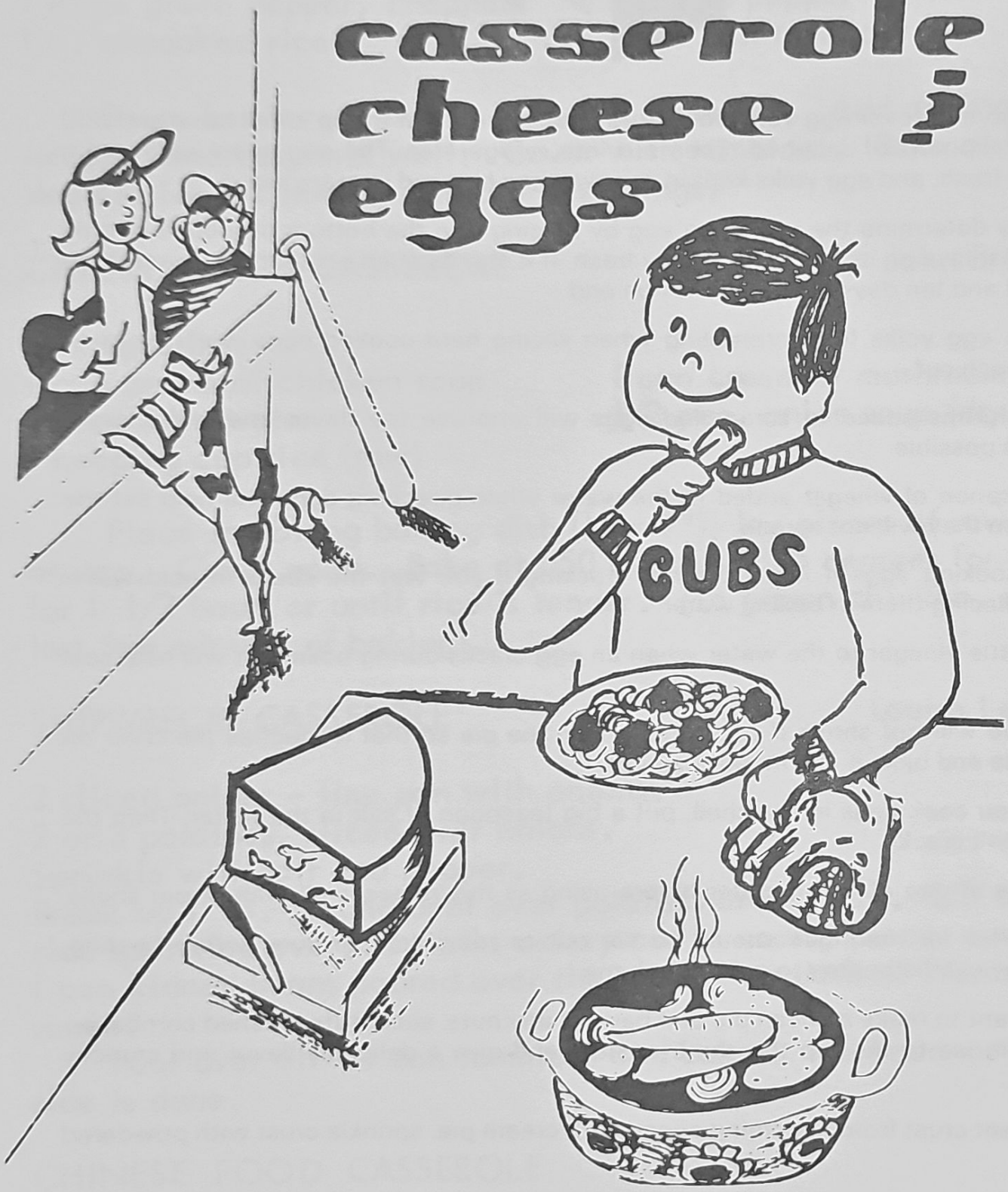
In large heavy fry pan, over medium heat, brown chicken in 3 or 4 Tbsp. cooking oil. Chop very fine 1 1/2 cup celery and 1/2 cup onion, sprinkle evenly over 9 x 13" baking dish. Top with 1 - 7 1/2 oz. pkg. stuffing mix. Dilute 1 can chicken soup, (cream of) with equal amount of water, pour over stuffing mix. Arrange chicken over top. Cover tightly with foil. Bake at 375 degrees for 45-55 minutes. (For drier dressing, remove foil for last 10 minutes of baking). Makes 3-5 servings.

To prepare with - breasts: bake 60-70 minutes, drumsticks: bake 55-65 minutes, wings: 55-65 minutes.

Write your extra recipes here:

Main Dishes

casserole
cheese
eggs



To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

MAIN DISHES--
CHEESE, EGG, SPAGHETTI, CASSEROLE

OVEN PUT-IT-TOGETHER — Dolly Hill

1 lb. hamburger
1 med. can red kidney beans
1 large green pepper, chopped
1 c. uncooked rice
olive oil
1 large onion, chopped
salt and pepper
large can tomatoes

Saute hamburger in oil; place in casserole. Add all ingredients except tomatoes, mix well. Cover with tomatoes. Bake at 325 degrees for 1-2 hours. Yield 6-8 servings.

CHICKEN-RICE CASSEROLE — John Erdell

Mix together:
1 can cream of chicken soup
2 soup cans water
1 heaping cup rice (raw)
1 can cream of mushroom soup
1/2 pkg. onion soup (dry)

Place in oblong baking dish (13 x 9"); lay pieces of raw chicken on top. Cover good. Bake at 350 degrees (325 degrees for glass) for 1 1/2 hours or until rice is tender. (To brown chicken, uncover last few minutes of baking).

SHIPWRECK CASSEROLE — Louise Lewis

2 sliced onions - line pan with onions.
2 or 3 potatoes, sliced over onions.
Sprinkle with salt and pepper.
Break up 1 lb. ground beef over potatoes and onions. 1/3 cup rice sprinkled over. 2 stalks celery cut in coarse pieces over top. 1 can kidney beans poured over the top with a dash of Worcestershire sauce.

Pour over all - 1 can tomatoes and bake 1 1/2 hours or until rice is done.

CHINESE FOOD CASSEROLE

3 pkg. Lipton's chicken noodle soup. Boil 7 min. in 9 c. water. add 2 c. rice & boil 10 min.
2 onions
1 bunch celery
1 lb. sausage
1 lb. ground beef, brown lightly until broken up.
2 green peppers

(Cont.)

All vegetables to be chopped. Saute the vegetables until the onions are clear. Saute with the meat. Mix with the rice, add one can mushroom pieces.

Two (2) cans cream of mushroom soup, mix well. If desired, add one cup of slivered almonds. Bake one hour at 350 degrees.

PRESSURE PAN SPAGHETTI SAUCE — Rose Berry

2 Tbsp. oil
1 lb. ground beef
2 large onions
1 tsp. salt
1 tsp. sugar
2 cloves garlic
2 c. seasoned tomato sauce
2/3 c. tomato paste
2 tsp. chili powder
dash red pepper

Cook ten minutes in pressure cooker.

HOT DISH — Helen Currah

1 c. macaroni
1 c. grated sharp cheese
1/2 c. grated onion
1 can cream of chicken soup
some milk
1 can tuna fish

Bake in 350 degree oven until macaroni is well done.

RICE DISH — Al Parks

1 lb. hamburger, browned
1 1/2 onions, chopped fine
1/2 c. green pepper, finely chopped
1/2 c. celery, finely cut
1 can chicken soup
1 can water
1/2 c. uncooked rice

Mix altogether and bake 2 hours, stir occasionally. Put crushed potato chips on top for last 1/2 hour. Oven at 300 degrees.

CHINESE NOODLES CASSEROLE — Clara Mikelson

1 lb. hamburger)
1 medium onion) brown and pepper to taste

Add:
1 can chicken rice soup
1 can cream of mushroom soup
large can chinese noodles
1 can vegetable soup
1 c. diced celery

Mix and put in casserole and bake 1 hour at 315 degrees oven. Sprinkle some noodles on top during last half hour.

CHIPPED BEEF CASSEROLE

1 c. raw macaroni
1 can cream of mushroom soup
1 can milk
1 c. diced cheese
1 - 3 oz. pkg. chipped beef
2 hard cooked eggs, diced
2 Tbsp. minced onion

Mix all ingredients. Place in casserole. Leave in refrigerator overnight. Take out of refrigerator 3 hours before baking. Bake 1 hour at 350 degrees.

NEVER FAIL CHEESE SOUFFLE — Mary Blatz

Make a white sauce of 2 Tbsp. butter, 2 Tbsp. flour, one cup milk, stirring constantly until thick, add one cup grated cheese. When creamy, pour over 4 beaten yolks, which have been beaten add salt and dash of cayenne pepper. Pour over egg whites and put in oven, greased baking dish, set in pan of water. Bake in medium hot oven 40 minutes.

TUNA MACARONI CASSEROLE — Dolly Hill

6 oz. shell macaroni
1 c. milk
1/4 c. finely cut pimento (opt.)
1 can cream of celery soup
1 - 6 1/2 oz. can tuna, flaked
1 1/2 c. grated American cheese

Cook macaroni; drain but do not rinse. Combine macaroni, soup, milk, tuna, pimento and half the cheese. Place in greased casserole, sprinkle with remaining cheese. Bake at 350 degrees for 25 minutes. Yield 6 servings.

NORWEGIAN BONELESS BEEF BONES — Eleanor Starr

Amount of meat depends on how many you are going to serve. Cut round steak in 3 inch squares. Pound rather thin. Put to one side. Grind round steak for filling. Add salt and pepper to taste. Add a pinch of cloves. Mix with 1 or 2 eggs and add water to make fluffy. Put ground round in square of pounded meat and roll from corner to corner. Stick with toothpick to hold.

Roll in flour with added salt and pepper. Brown in butter until all are brown. Add water to cover and simmer until tender. This makes it's own gravy.

SWEET POTATO SUPREME

Gertrude Young

1 large can sweet potatoes, cut in half
1 1/4 c. brown sugar
1/4 tsp. sugar
1/4 tsp. cinnamon
1 Tbsp. grated orange peel
1 large can apricots halved
2 Tbsp. butter
1/2 c. pecan halves
2 Tbsp. cornstarch

Place sweet potatoes halved in greased baking dish. In saucepan, combine cornstarch, salt, cinnamon, orange peel and butter. Stir in one cup apricot juice. Bring to boil over low heat. Pour over potatoes, bake uncovered 375 degrees for 25 minutes.

STRING BEAN CASSEROLE

Gertrude Young

1 can French fried onion rings
1 can mushroom soup
1 can French style string beans, drain well

Place string beans and onions in casserole. Heat soup, adding 1/4 cup milk. Pour over beans, sprinkle Parmesan cheese on top. Bake uncovered at 350 degrees for 25 minutes.

PIG IN THE BLANKET

Tille Lacher

1 lb. pork (ground)
1 head cabbage
1 onion (small chopped)
1 c. uncooked rice
1 lb. beef, ground
1/2 can saurkraut

Put cabbage in salted boiling water until leaves separate. Take out of water and put 1 large spoonful of filling in cabbage leaf and roll up. Put in roaster and add enough water to nearly cover the cabbage rolls. Bake 2 hours.

Sauce:
1 onion
1 lemon juice
1 Tbsp. sugar
1 Tbsp. flour

Fry onion in butter and add the balance of ingredients, pour over meat mixture. Bake another 30 minutes longer.

BARLEY CASSEROLE

Carol Hill

6 Tbsp. butter or margarine
1 large onion, minced
3 c. consomme' or chicken bouillon (boiling)
1 c. pearl barley
3/4 to 1 c. sliced mushrooms
salt and pepper

(Cont.)

Heat 2 Tbsp. butter and saute barley in it, transfer barley to a casserole. Heat 2 more Tbsp. butter and saute onion in it, add to barley.

Saute mushrooms in remaining butter, add to other ingredients. Stir in the hot consomme' add salt and pepper. Cook covered over lowest heat until barley is tender and has absorbed consomme'.

From 25 to 45 minutes. Stir occasionally.

CHILI CON CARNIE CASSEROLE — Clara Mikelson

1 lb. hamburger)
1 medium onion) Brown
1 c. celery (chopped)
1 sm. can red kidney beans
1/2 tsp. chili powder
salt, pepper
1 can cream of tomato soup
1 pkg. noodles (small)

Cook noodles and drain. Add to mixture and bake 1 hour in 350 degree oven.

CHOW MEIN NOODLE CASSEROLE — Dolly Hill

1 green pepper, diced
1 med. onion, diced
1/2 tsp. salt
1 can cream of chicken soup
1 can bean sprouts, drained
1 c. diced celery
1 1/2 lb. hamburger
oil
1 can cream of mushroom soup
1 can chow mein noodles

Brown vegetables, meat and salt in oil. Combine all ingredients except noodles. Spread 1/2 the noodles in casserole; top with mixture. Cover with remaining noodles. Bake at 350 degrees 30 minutes. Yield 8 servings.

SPANISH RICE — Rose Berry

In a large skillet, melt:

3 Tbsp. butter
1 med. onion, chopped
3 stalks celery, chopped
1 green pepper, diced

Saute until onions are soft. Stir in:

3/4 c. uncooked rice
1 - 16 oz. can tomatoes & juice
1 c. chicken broth
1 tsp. salt
1 tsp. chili powder
1/4 tsp. pepper
1/2 tsp. Worcestershire
1 tsp. sugar

Cover, simmer for 30 minutes or until the rice is tender. Serves 4.

CHIPPED BEEF CASSEROLE

Margaret Ericson

8 oz. pkg. elbow macaroni, uncooked
4 oz. chipped beef
2 c. grated cheese
1 can cream celery soup
1 can chicken soup
2 c. milk and dash pepper
3 eggs, boiled, cut in very small pieces

Mix all ingredients except eggs. Place half of mixture in greased 9 x 13" pan. Cover with cut up eggs, and remaining mixture. Top with crumbs or crushed corn flakes or crackers.

Refrigerate covered for 24 hours so macaroni will soften. Bake 1 hour at 350 degrees uncovered.

CORNED BEEF & POTATO CASSEROLE

Pat Kerr

1 can corned beef
3 or 4 medium sized potatoes
1 large onion
1 can cream mushroom soup
salt and pepper to taste

Slice corned beef, potatoes and onions fairly thin and alternate in layers in casserole dish. Salt and pepper. Pour over mushroom soup which has been diluted with 1/2 cup water. Cover and bake 1 to 1 1/2 hours in a 375 degree oven. Serves 5 to 6.

CHICKEN CASSEROLE

Helen Currah

2 - 1 oz. pkg. frozen broccoli
2 c. chicken breasts
2 cans cream of chicken soup
1 tsp. lemon juice
1 c. mayonnaise
1/2 tsp. curry powder

For topping:
1/2 c. grated sharp cheese
1/2 c. fine bread crumbs

Slice broccoli in half or small pieces, cook until almost tender. Place broccoli on the bottom of a 9 x 11" pan. Then cover with the cut up chicken. Mix lemon juice, curry powder and mayonnaise, chicken soup, pour over chicken and broccoli. Sprinkle with the cheese and bread crumbs on top. Bake in 350 degree oven 25 to 30 minutes.

VEGETABLE CASSEROLE

Pat Kerr

10 carrots, sliced & boiled 10 minutes
2 c. grated Cheddar cheese
3 Tbsp. butter or margarine
1 lg. head cauliflower, separated, boil 5 minutes
1 c. bread crumbs
2 regular cans cream of chicken soup

Layer cooked carrots, cauliflower and cheese into 3 quart casserole. Meanwhile, melt butter in small fry pan, add crumbs and coat thoroughly. Pour soup over vegetables and cheese layers. Sprinkle crumbs on top. Bake 45 minutes at 350 degrees. Serves about 10.

This can be prepared ahead of time and then baked for 1 1/4 hours.

STROGANOFF

Frances Stratton

1/2 lb. sirloin, cut in thin strips
c. chopped onion
1 Tbsp. butter
salt
1 can cream of chicken soup
1 sm. can mushrooms
1/2 c. sour cream
1 sm. clove garlic, chopped

Brown onion and garlic and beef in butter. Add, undiluted soup, undrained mushrooms and heat to simmer, until meat is tender. Stir in sour cream. Serve at once.

LASAGNE

Frances Stratton

8 qt. water
1/4 c. salt
1 Tbsp. olive oil
1 lb. lasagne noodles

Bring to boil and add noodles, cook 15 minutes.

3 Tbsp. olive oil
1 lb. ground beef
3/4 lb. Mozzarella cheese, sliced
1/4 grated Parmesan cheese
1/2 tsp. pepper
1 c. Ricotta cheese

Brown meat in oil. Drain noodles well. Pour 1/2 cup tomato sauce into bottom of 8 x 8" baking dish. Top with layer of noodles and 1/2 of Mozzarella cheese. Add 1/2 of meat, sprinkle with 1/2 of Parmesan cheese and pepper. Top with 1/2 cup of Ricotta cheese. Beginning with tomato sauce, start layering, ending with Ricotta cheese and 1/2 cup sauce. Bake at 350 degrees for 30 minutes. Let stand 5 to 10 minutes before serving.

CHEESE MANICOTTI

Frances Stratton

1 lb. ground lean beef
1/2 c. chopped onion
1 clove minced garlic
2 cans tomato paste (6 oz. ea.)
2 c. water
1 Tbsp. crushed basil
1 1/2 tsp. salt 1/4 tsp. pepper
1 1/2 lb. (3 c.) Ricotta or drained cottage cheese
2/3 c. grated Parmesan cheese
2 eggs, beaten to blend
1/3 c. snipped parsley
1/2 tsp. salt, 1/4 tsp. pepper
8 manicotti shells
1/2 c. grated Parmesan cheese

Brown meat lightly, drain off drippings. Add onion, garlic, 1 1/2 tsp. salt, 1/4 tsp. pepper, tomato paste, water and basil. Simmer 30 minutes. Add eggs.

Meanwhile: combine Ricotta, parsley, 1/2 tsp. salt and 1/4 tsp. pepper. Cook Manicotti shells boiling salted water until just tender. Drain and rinse in cold water. Stuff Manicotti with cheese mixture, using a pastry tube, without a nozzle. Pour half mixture into 12 x 7 1/2 x 2" baking dish, arrange manicotti shells carefully on a row and pour rest of tomato sauce. Sprinkle with Parmesan cheese and bake at 350 degrees for 30 minutes.

NOODLE CASSEROLE

Al Parks

8 oz. noodles
1 can corned beef
1/2 c. grated cheese
1/4 c. finely chopped onion
1 can cream of chicken soup
1 c. milk

Cook noodles and then mix well with other ingredients. Top with crumbs and bake 45 minutes.

GOULASH

Al Parks

1 - 8 oz. pkg. noodles
1 lb. pork sausage
1 or 2 small green peppers
1 lb. hamburger
1 or 2 small onions

Cook noodles, cook the next 4 ingredients together, then add 2 cans chicken noodle soup, 2 cans cream corn. Mix all with noodles. Salt and pepper to taste. Cover with buttered crumbs and bake. Makes 2 casseroles.

BAKED BEANS

Tillie Lacher

1 can baked beans
1 can limas
1 can kidney beans
1 med. onion chopped
1/4 c. brown sugar
1 tsp. salt
1 lb. hamburger (browned)
1 - 8 oz. can tomato sauce
1/4 c. catsup
1/2 tsp. dry mustard
1/2 tsp. pepper

Mix together and bake 400 degrees uncovered for 1 hour.

WISCONSIN RICE

M. Cowan

One cup raw rice, soak in 4 cups of hot water, 1 lb. pork steak or roast pork cubed and fry. Saute 1 celery stalk and one medium onion, 1 can of cream of mushroom soup and 1 can cream of chicken soup. Mix altogether, add 1 Tbsp. soy sauce, bake one hour. Can be mixed the night before and baked the next day.

TUNA CHICKEN BAKE

Hilda Iems

1 c. spaghetti
1/4 c. green pepper
2 Tbsp. flour
1 can cream of chicken soup
1 can tuna flaked
3 Tbsp. fat
1/2 c. chopped onion
1 1/4 c. milk
1/4 c. chopped pimento

Cook spaghetti in salted boiling water. Cook onion and pepper in hot fat until tender. Blend in the flour slowly, add the milk. Cook over low heat until thick, stirring constantly. Stir in the cream of chicken soup, pimento and tuna. Add the spaghetti; pour in greased casserole and bake at 350 degrees for 30 minutes. Crumbled potatoes can be sprinkled on top before baking.

FIESTA RICE

Florence Drange

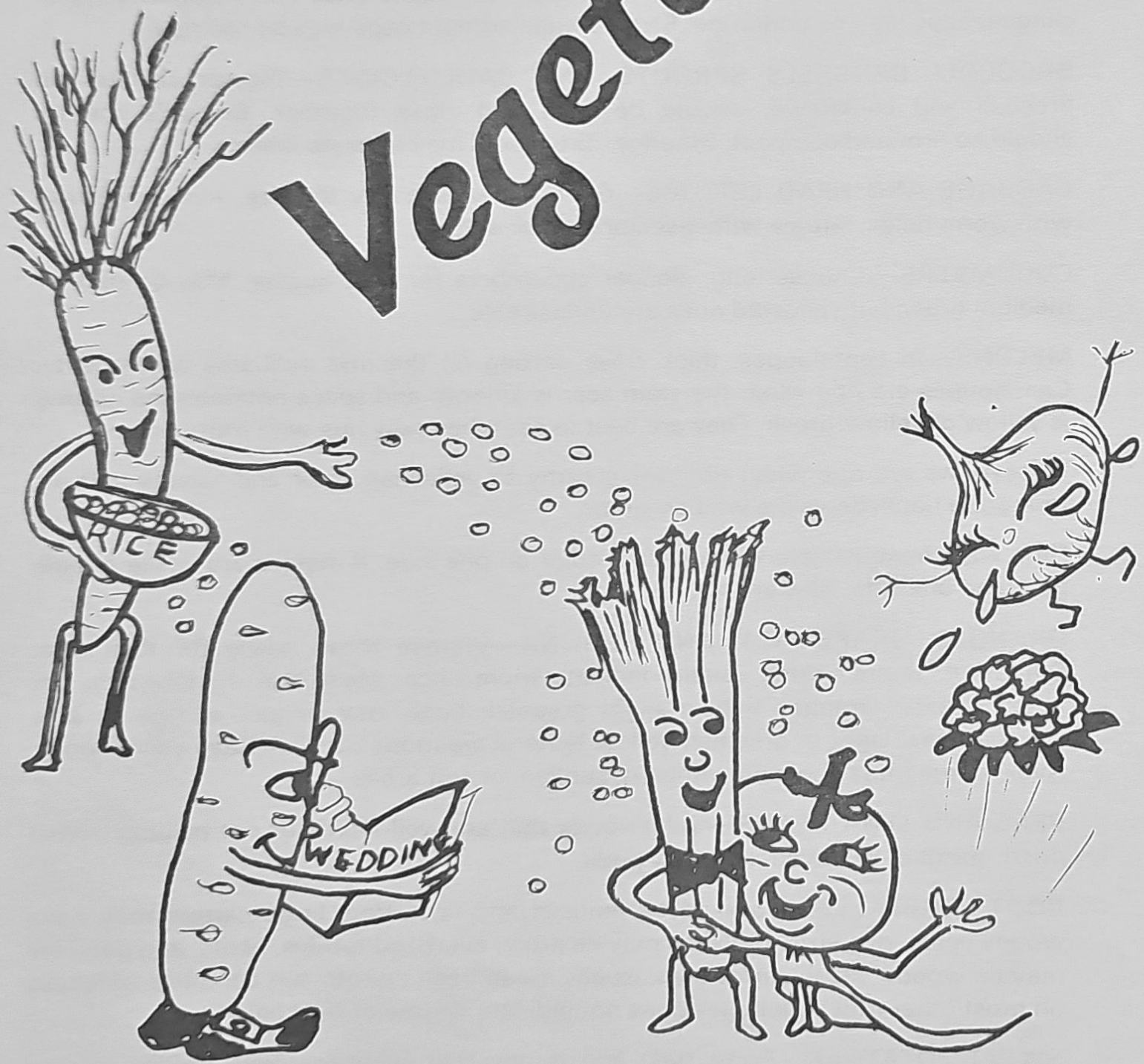
Cook:
1 lb. hamburger with onions and celery

Add:
1 can cream of mushroom soup
1/2 c. soy sauce
1/2 c. regular rice
1 can cream of chicken soup
3/4 c. cold water

Mix well and put into dish and bake 1 hour - remove cover last 10 minutes - 5-6 servings.

Write your extra recipes here:

Vegetables



BUYING GUIDE

Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

BEANS, SNAP—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

ROOT VEGETABLES—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

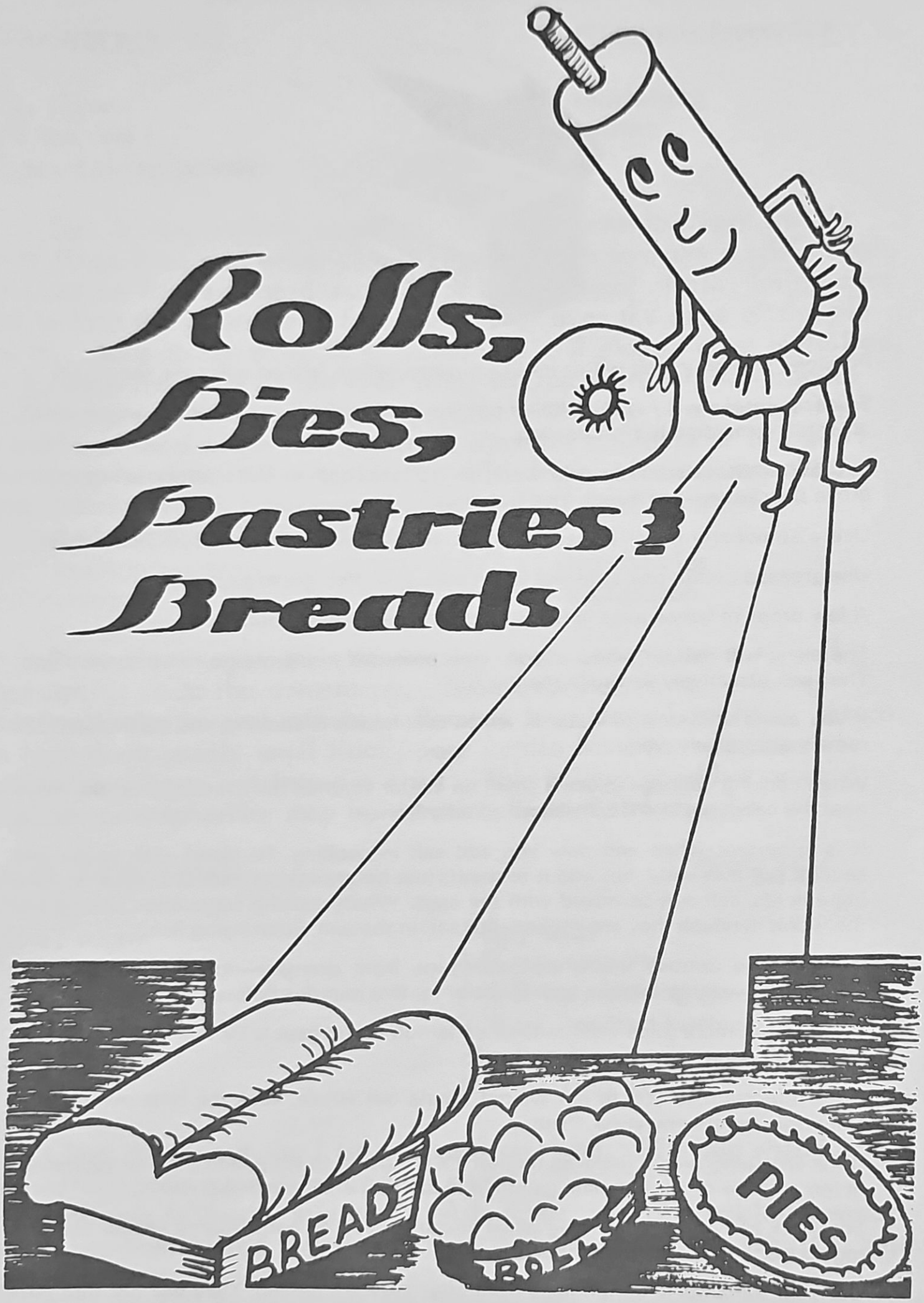
GREEN BEAN DISH — Rose Berry

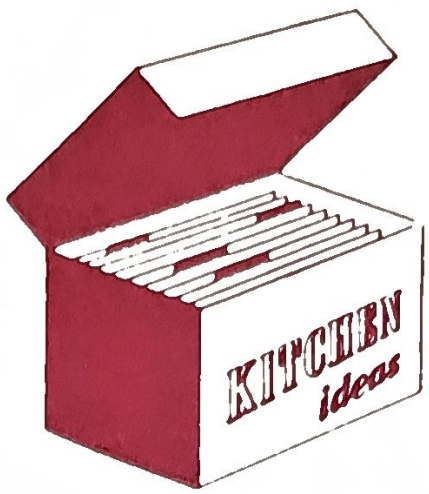
Cook 2 lb. string beans, drain well. Put 1/2 of beans in a casserole, add 1/2 can tomato sauce, grated Mozzarella cheese, dash of oregano; add rest of beans, 1/2 can tomato sauce, cheese and oregano. Bake for 15 minutes in 350 degrees.

Write your extra recipes here:

Write your extra recipes here:

Rolls, Pies, Pastries & Breads





Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

STRAWBERRY PIE

Elizabeth Brunswick

1 c. flour
1/2 tsp. sal t
2 tsp. baking powder
4 Tbsp. shortening
1/2 cold water

Sift dry ingredients together. Rub in shortening very lightly with fingertips; add water slowly, just enough to make a stiff dough; roll out on floured board and use for bottom crust of pie, being careful to fold the paste away from the center over the edge of the pie plate. Bake in hot oven 12 to 15 minutes. If glazed crust is desired, brush over the edge of the crust after baking with two tablespoons corn syrup and 1 Tbsp. of boiling water which has been brought to a boil and used while hot; return to oven for a minute or two until the syrup hardens; fill the pie crust with fresh selected uncooked strawberries which have been hulled and all sand removed.

Add syrup made as follows:

2 c. boiling water
1/2 c. sugar
1/2 c. strawberries
1 Tbsp. cornstarch

Put water, sugar and strawberries in saucepan, bring to boil and strain. Add the cornstarch. Cook over hot flame, stirring constantly for several minutes. Remove from stove beat hard, return to heat cook gently until thick; pour (while hot over strawberries which have been put into pie crust. This is very good hot or cold. Peaches or raspberries may be used in place of strawberries.

DATE NUT LOAF

Dolly Hill

1/2 c. sugar
1 c. chopped dates
1/2 c. walnuts
1 1/2 c. flour
1 egg
1 tsp. soda
1/2 tsp. vanilla
1 1/2 tsp. baking powder
2 Tbsp. melted butter
pinch salt
1 c. boiling water

Chop dates; put the 1 tsp. of soda on them. Fill cup with boiling water, pour over dates and let stand.

Add egg to sugar, mix well. Add flour, salt and baking powder which has been sifted together. Then add nuts and date mixture, and lastly butter.

Bake in 350 degree oven for 45 minutes. Let cool before serving - preferably overnight.

FLAKY PASTRY

Ruth Surbrook

4 c. all-purpose flour
1 3/4 c. shortening, not oil
1 Tbsp. sugar
2 tsp. salt
1 Tbsp. vinegar
1 egg

With fork mix first 4 ingredients. In small bowl, beat 1/2 cup water and remaining ingredients together. Add first mixture and blend with fork until dry ingredients are moistened. With hands, mold dough in a ball and chill at least 15 minutes. Dough can be stored in refrigerator up to 3 days or it can be frozen until ready to use. Makes two double crust 9" pies and one pie shell. Note, refrigerated can be rolled at once.

SWEDISH PANCAKES

Esther Peters

3 eggs
1 1/2 c. sifted flour (or Wondra flour)
1/2 c. cream
1 c. milk
1 Tbsp. sugar
1/2 tsp. salt
2 Tbsp. melted butter

Beat eggs until light, add 1/2 the milk and fold in flour sifted with sugar and salt. Add remaining milk, cream and melted butter. Bake on hot griddle. Thinner the better.

SOUR CREAM PIE

Nadine Gambill

1 c. sour cream
1 c. white sugar
1 c. chopped raisins
2 eggs
1/2 tsp. salt
1/4 tsp. cloves
1/4 tsp. cinnamon
1 Tbsp. vinegar
1/2 c. nuts

Mix well and bake in a single crust.

POTATO LEFSE

Al Parks

3 c. mashed potatoes
3 Tbsp. butter
1/2 tsp. salt
1/2 tsp. baking powder

When potatoes are nearly cold, add salt and butter. Mix baking powder with small amount of flour and add to potatoes. When cold, add enough flour so dough can be rolled thin. Bake on hot griddle in rounds on both sides.

HOBO BREAD

Al Parks

1 1/2 c. raisins
1 c. boiling water
3 Tbsp. oil
2 c. flour
2 tsp. soda
1 c. sugar
1 egg
1/2 tsp. salt

Pour boiling water over raisins and soda. Let stand till cool. Combine all other ingredients to raisin mix. Bake at 350 degrees for an hour. Grease and flour pans.

ARABIAN BREAD

Frances Stratton

1 pkg. (13 1/2 oz.) hot roll mix
3/4 c. lukewarm water
1 egg
3 Tbsp. melted butter or margarine
1/4 c. sesame or poppy seeds

Dissolve yeast from mix in warm water. Stir in flour mix and egg and blend well. Knead on a lightly floured board until smooth, cut in halves. Roll each piece into an 8 inch round. Place rounds on a cookie sheet. Brush with melted butter and sprinkle with seeds. Let rise 30 minutes in a warm place. Bake at 400 degrees 25 to 30 minutes, until lightly browned.

HERB BREAD

Frances Stratton

Remove crusts from pullman loaf of bread, with the exception of the bottom crust. Cut in half crosswise. Slice into 14 to 16 slices.

Soften 2 cubes butter or margarine. Add 1/4 tsp. salt, 1/4 tsp. paprika, 1/4 tsp. savory, 1/4 tsp. thyme, dash each of cayenne pepper and garlic salt. Can add 1 tsp. celery salt if desired. Mix well together. Cream into butter. Spread all over the bread. Wrap in foil and refrigerate for 24 hours. Bake at 375 degrees for 20 to 25 minutes. Fold foil down before baking. Serve hot. Great with salads or spaghetti, too.

LEMON CUSTARD PIE

Elizabeth Brunswick

1 c. sugar
2 eggs, separated
1 c. milk
2 Tbsp. butter
1 Tbsp. flour
pastry shell

Cream sugar, grated rind of lemon and juice. Add milk, then turn into pastry shell. Bake at 400 degrees for 30 minutes.

ANGEL PIE

Elizabeth Brunswick

4 egg whites, beaten
1/2 tsp. cream of tartar
1 c. sugar
1 tsp. vanilla

Put in layer pans. Cook in oven.

Filling:
4 egg yolks
1 Tbsp. butter
1 Tbsp. water
1/2 c. sugar
rind and juice of 1 lemon

Boil in double boiler. Then let cool before putting between layers. Serve with whipped cream.

ORANGE NUT BREAD

Elizabeth Brunswick

1 medium size orange
2 Tbsp. melted shortening
1 beaten egg
1/4 tsp. salt
1/2 tsp. soda
1/2 c. chopped nuts
1 c. raisins or dates
1 tsp. vanilla
2 c. flour
1 tsp. baking powder
1 c. sugar

Pour juice from orange in 8 oz. measuring cup; add boiling water to fill. Remove most of white from orange peel. Put peel through food chopper with raisins or dates. Add orange juice. Stir in shortening, vanilla, egg. Add flour sifted with salt, baking powder, soda and sugar. Mix well, stir in nuts. Bake at 350 degrees for about 1 hour. Wax paper line loaf pan.

APPLE MUFFINS

Meryle Martelli

Sift together:
1 1/4 c. flour
1 tsp. cinnamon
1/2 c. sugar
2 tsp. baking powder
1/4 tsp. salt

Add just to blend:

1/4 c. salad oil
1 egg
1/4 c. milk
1 c. grated apple

Put into greased muffin tins. Bake 400 degrees for 25 minutes.

FISHERS' FAIR SCONES

Frances Stratton

2 1/2 c. flour
2 Tbsp. sugar
6 Tbsp. shortening
2 tsp. baking powder
1/2 tsp. salt
1/2 c. raisins
3/4 c. milk

Measure flour and sift with other dry ingredients. Cut shortening into dry ingredients until consistency of coarse corn meal. Add raisins and mix well. Add milk all at once and stir just to mix. Turn onto floured board and knead 12 strokes. Pat out to 1/2 inch thickness. Cut into pie wedge shapes, bake on a greased tin at 450 degrees for 15 minutes. Split almost in half and spread with butter and jam.

Makes 8 scones.

WAFFLES

Frances Stratton

1 1/2 c. flour
2 tsp. baking powder
1/4 tsp. salt
2 Tbsp. sugar
1 c. milk
2 egg yolks
2 Tbsp. melted shortening or oil
2 egg whites

Mix and sift dry ingredients. Add milk, yolks and shortening. Fold in beaten whites.

BASIC NOODLE DOUGH

Frances Stratton

Sift into a large bowl a mixture of:
4 c. sifted flour
1/2 tsp. soda

Make a well in center of flour, add one at a time, mixing slightly after each addition, 4 eggs.

Add gradually 6 tablespoons cold water. Mix well to make a stiff dough. Turn dough onto a lightly floured board, fold opposite side to you, and knead. Fold toward you and gently push dough away from you using heel of hands. Give quarter turn. Repeat process until dough is smooth and elastic, 5 to 8 minutes, using as little extra flour as needed. Always turn in same direction...roll up and slice thinly. Shake rolls out and let stand for a time before cooking.

ZUCCHINI BREAD

Frances Collier

3 c. flour
3 c. zucchini
1 tsp. vanilla
1 tsp. cinnamon

(Cont.)

2 1/4 c. sugar
3 eggs
1 c. oil
1 tsp. soda
1 tsp. baking powder

Bake 325 degrees for 1 hour. Bake in loaf pan 9 3/4 x 5 3/4 x 3 3/4.

PINEAPPLE CARROT BREAD

Sarah Sellers

1 3/4 c. sugar
1 c. oil
2 eggs, beaten
1 small can crushed pineapple, juice and all
2 tsp. vanilla
2 c. grated carrots
3 c. flour
1 tsp. cinnamon
1 tsp. soda
1 1/2 tsp. salt
1 c. nuts

Mix together and bake at 350 degrees for one hour or more until done. Makes 2 loaves.

QUICK COFFEE CAKE

Gertrude Young

1 1/2 c. sifted flour
1 c. sugar
2 tsp. baking powder
1/2 c. shortening

Mix like pie dough, measure out 1 cup and set aside. To rest add 1/2 cup milk and 2 beaten eggs, 3/4 tsp. vanilla. Put in flat baking pan. To the dough set aside add 1 tsp. brown sugar and 1/2 tsp. cinnamon. Cover cake dough with this mixture and bake in moderate oven until done.

UNO PIE

Pat Kerr

1/2 c. butter or margarine
3/4 c. sugar (berry on bar very fine)

Cream together 1 square melted cooled chocolate, blend with 1st mixture. Add 1 tsp. vanilla flavoring. Add 2 eggs, one at a time and beat in mixer, 5 minutes after each egg. Mixture will be light and frothy looking.

Put into baked graham cracker pie shell and chill in refrigerator for 2 hours before serving. (Very rich).

CRANBERRY BREAD

Al Parks

2 c. flour
1 c. sugar
1 1/2 tsp. baking powder
juice and rind grated of 1 orange
2 Tbsp. melted shortening
boiling water about 2 Tbsp.
1/2 tsp. soda
1 tsp. salt
1 egg, well beaten
1/2 c. chopped nuts
2 c. cranberries

Sift together flour, sugar, baking powder, soda and salt. Pour orange juice and rind into measuring cup add shortening and enough boiling water to make 3/4 cup. Combine orange juice mixture into dry ingredients along with beaten egg, stir just till all dry ingredients are dampened. Fold in nuts and cranberries, pour into loaf pan. Push into the corners leaving a depression in center of pan. Let stand 20 minutes. Bake at 350 degrees for 50 to 60 min. Cool and store overnight for easy slicing. Makes 1 - 9 x 5 x 3" or 2 - 7 1/2 x 3 3/4" x 2" smaller loaves. Bake 45 to 50 minutes.

RHUBARB TORTE

Eleanor Starr

1 c. flour
1/2 c. margarine
5 Tbsp. powdered sugar

Mix together with pastry blender and put in pan. Bake 350 degrees for 15 minutes. Beat 2 eggs. Add 1 1/2 c. sugar, 1/4 c. flour, and 3/4 tsp. baking powder, pinch of salt and 2 cups cut up rhubarb. Pour over baked crust and bake 35 minutes at 350 degrees. Blueberries may also be used.

POTATO ROLLS

Gertrude Young

2 eggs, beaten slightly
1/2 c. sugar
1 c. milk, scalded & cooled
1 c. mashed potatoes
1 pkg. yeast dissolved in 1 c. lukewarm water
1/2 c. shortening
7 to 8 c. flour

Mix altogether and knead until smooth. Let rise 3-4 hours. Punch down and put in a cool place. When wanted, mold into small rolls. Let rise. Bake in 375 degree oven.

CRANBERRY NUT BREAD

Alma Hill

2 c. sifted flour
1 c. sugar
1/4 c. shortening
1 tsp. grated orange rind

(Cont.)

1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt, sifted together

3/4 c. orange juice
1 well beaten egg
1 c. chopped cranberry
1/2 c. chopped nuts

Cut shortening into dry ingredients. Combine juice, peel and egg, add to dry ingredients and shortening, just enough to moisten. Fold in cranberries and nuts. Pour into greased loaf pan. Bake one hour at 350 degrees. Cool before wrapping and storing.

PIE CRUST

Pat Kerr

This crust is made in the pie plate. Mix together in a cup, 2/3 c. cooking oil, and 3 Tbsp. milk.

In pie plate mix:
2 c. flour
1 1/4 tsp. salt, then
2 tsp. sugar

Add oil mixture, stir and press into place on the pie plate. Very rich. No mess!

ZUCCHINI NUT BREAD

Pat Kerr

3 eggs
1 c. oil
2 c. sugar
2 c. (peeled grated zucchini) measure carefully
3 tsp. cinnamon

1 1/4 tsp. baking powder
3 tsp. vanilla
3 c. sifted flour
1 tsp. salt
1 tsp. soda
1/2 c. chopped nuts

Beat eggs until light and foamy. Add oil, sugar, zucchini and vanilla. Mix lightly, then beat well. Sift together flour, salt, soda, baking powder and cinnamon. Add to first mixture, mix until well blended, add nuts. Divide batter into two 9 x 5 x 2" loaf pans. Bake at 350 degrees until done, about 1 hour.

Makes 2 loaves.

FOUR WEEK BRAN MUFFINS

Gertrude Young

1/2 c. boiling water
1 c. chopped nuts
2 1/2 tsp. soda
mix and let cool

2 c. All Bran
1 c. 40% bran flakes
1 pt. buttermilk
2 eggs
1/2 c. shortening

(Cont.)

Combine ingredients on right and mix well. Add to date mixture.

1 c. sugar
1 1/2 tsp. salt
2 1/2 c. flour

Combine with the other mixture, mix slightly.
This mixture put in a covered container will keep four weeks in refrigerator. Bake a few when desired. To bake - fill greased muffin tins 2/3 full and bake 20 minutes at 400 degrees.

APPLE MUFFINS — Gertrude Young

2 c. flour, sifted
4 tsp. baking powder
3/4 tsp. salt
3/4 tsp. cinnamon
1/4 tsp. nutmeg
6 tsp. sugar
1 egg
1/3 c. melted shortening
1 c. milk
3/4 c. chopped apple

Sift flour - measure, add baking powder, salt, 1/2 tsp. cinnamon, nutmeg and 4 tsp. sugar. Save the rest of cinnamon and sugar for the top of muffins. Beat egg, add shortening and milk. Mix well. Add liquid to dry ingredients, mixing only enough to moisten evenly. Fold in chopped apples. Fill greased muffin pans 2/3 full. Place apple wedge in top if desired. Combine remaining 1/4 tsp. cinnamon and 2 tsp. sugar. Sprinkle on muffin batter. Bake in hot oven 400 degrees for 25 minutes. Makes 16 small muffins.

PIE CRUST — Florence Drange

3 c. unsifted flour
1 tsp. salt - mix well and add:
1 1/4 c. Crisco

1 beaten egg
5 Tbsp. water (cold)
1 Tbsp. vinegar

Makes enough for 2 large double pies.

PIE CRUST — Florence Drange

3 c. unsifted flour
1 tsp. salt
1 1/4 c. Crisco

Mix well and add:

1 beaten egg
5 Tbsp. cold water
1 Tbsp. vinegar

(Cont.)

Makes enough for 2 large double crusted pies.

CRAB PIE

Margaret Ericson

1 - 9 inch pie shell
1 c. shredded Swiss cheese
7 1/2 oz. can crab meat
2 green onions, sliced tops too
3 beaten eggs
1/2 tsp. salt
1/2 tsp. lemon peel
1 c. light cream
1/4 tsp. dry mustard
1/4 c. slivered almonds

Bake in slow oven 325 degrees for 45 minutes. Remove and let stand a few minutes before serving.

FATTIGMOND

Al Parks

12 egg yolks - 3 egg whites
1 1/8 c. sugar
1 tsp. ground cardamon
1 tsp. lemon extract
about 7 c. flour
1/2 tsp. salt
1 1/8 c. canned cream
1/2 c. melted butter
2 Tbsp. brandy

Beat egg yolks and whites, salt and sugar for 1/2 hour. Add cream and cardomen, stir well. Add butter, extract and brandy, enough flour to make a dough stiff enough to roll out very thin. Refrigerate overnight. Cut in diamond shape with a slit in the middle to put end through. Fry in deep fat at 365 degrees.

STIR-N-ROLL BISCUITS

Gertrude Young

2 c. flour
3 tsp. dbl. acting baking powder
1 tsp. salt
sift together
1/3 c. oil
2/3 c. milk
pour in measuring cup (don't) stir)

Then pour all at once into the flour. Stir with a fork until mixture cleans sides of bowl, and rounds up into a ball. Smooth up by kneading about ten times without additional flour. With dough on waxed paper, press out 1/4 inch thick with hands and roll out between wax paper. Cut with unfloured biscuit cutter. Bake 10 to 12 minutes on ungreased cookie sheet in very hot oven 475 degrees. Makes about 20 medium size biscuits.

APPLESAUCE NUT BREAD

Ruth Surbrook

1 c. sugar
1 c. applesauce
1/3 c. cooking oil
2 eggs
3 Tbsp. milk
2 c. sifted flour
1 tsp. soda
1/4 c. brown sugar
1/2 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
3/4 c. chopped pecans
1/4 c. chopped pecans
1/2 tsp. baking powder

In large mixing bowl, thoroughly combine the granulated sugar, applesauce, oil, eggs, and milk. Sift together flour, soda, baking powder, cinnamon, salt and nutmeg. Add to applesauce mixture and beat until well combined.

Stir in 3/4 cups pecans. Turn batter into well greased 8 1/2 x 4 1/2 x 2 5/8" baking pan. Combine the brown sugar, cinnamon and remaining pecans. Sprinkle evenly over batter.

Bake in 350 degree oven for 1 hour, cap loosely with foil after first 30 minutes of baking. Remove from pan and cool.

OVERNIGHT BUNS
(Start about 2 P.M.)

Florence Drange

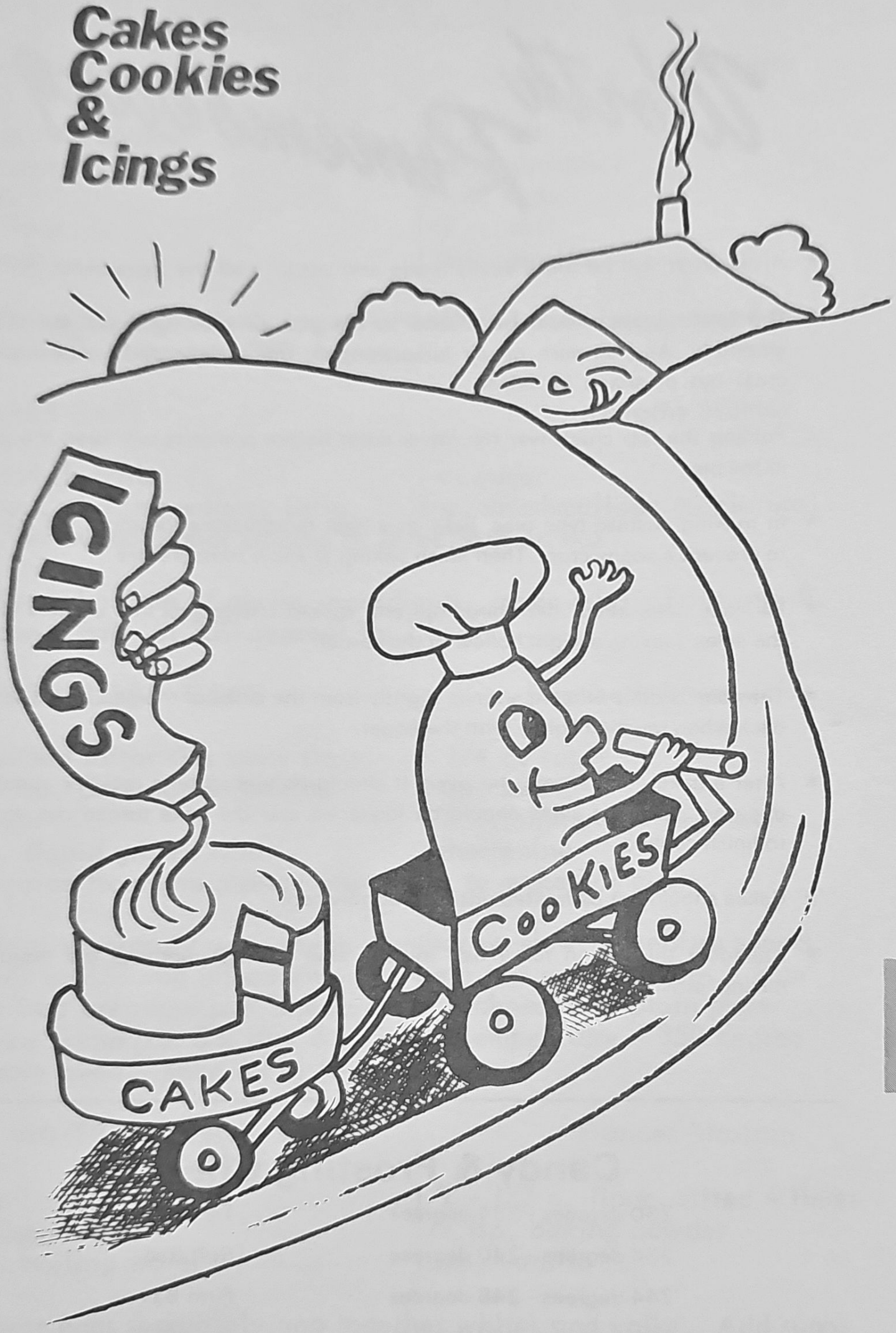
5 c. boiling water
2 c. sugar
2 pkg. yeast (dissolved in 1 c. warm water
2 Tbsp. salt
1 c. lard
3 eggs
17 to 18 c. flour

Boil water, salt and sugar for 5 minutes. Then add lard and cool. Have ready soaked yeast. Add 5 or more cups of flour to cooled liquid, before adding yeast. (This prevents lard from coating the yeast). Add eggs, one at a time, then add remaining flour. Knead well (about 10 minutes). Cover, dough will be ready to knead down in about 3 hours. Knead again. When dough has doubled in about 3 hours more, shape and put into pans. Cover and let set overnight and bake in early morning at 375 degrees for 12 minutes.

Write your extra recipes here:

Write your extra recipes here:

Cakes Cookies & Icings



Worth Remembering

- ★ A pie crust will be more easily made and better if all the ingredients are cool.
- ★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- ★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
- ★ Cakes should not be frosted until thoroughly cool.
- ★ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

RAW APPLE CAKE

Rose Berry

4 c. grated apples
2 c. sugar
2 eggs
2 c. flour
1 c. nuts
1/2 c. oil
2 tsp. cinnamon
2 tsp. soda
1/2 c. salt
1 tsp. vanilla

Blend all ingredients together well and pour into greased pan 9 x 12. Bake 1 hour at 350 degrees.

RHUBARB CAKE

Dorothy Hunter

5 c. cut rhubarb
1 - 3 oz. pkg. strawberry jello
1 box yellow cake mix (mixed as directions on box)
1 c. sugar
3 c. marshmallows (miniature)

Spread on top of above ingredients, (cake mix). Pour into 9 x 13 pan. Bake at 350 degrees for 1 hour.

ORANGE LOAF CAKE

Elizabeth Brunswick

2 c. sifted softas silk cake flour
1 1/2 tsp. dbl. action baking powder
1/2 c. liquid grated rind and juice from one orange plus water to make 1/2 cup
1 1/4 c. sugar
1 tsp. salt
1/2 c. high grade vegetable shortening

Beat vigorously with electric mixer on slow to medium speed. Add 1/2 to 2/3 cup unbeaten eggs, beat two more minutes. Pour batter into prepared pan lined with 3 thicknesses of plain paper pan size bread pan 5 x 10 x 3 inches. Temperature - 350 degree moderate oven. Bake 60 to 65 minutes.

HOT WATER SPONGE CAKE

Frances Stratton

3 eggs
1 c. sugar
1/2 c. boiling water
1/2 - 1/3 c. flour, sifted 4 times
1/2 tsp. baking powder
1 tsp. vanilla

Beat eggs separately and together whites and yolks. Add sugar and beat, add hot water and beat. Add flour and baking powder. Leave in pan until cool.

DREAM CAKE

Helen Currah

Add 1 envelope "Dream Whip" and 2 additional eggs to your cake mix (any mix you choose). Makes higher, more moist and lighter cake.

FLUFFY BANANA CAKE

Rose Berry

1/2 c. sifted flour
1/2 tsp. baking powder
1/2 c. shortening
1 1/2 c. sugar
3 eggs, unbeaten
1 tsp. vanilla
1/4 c. buttermilk or sour milk
1 c. mashed bananas

Sift together dry ingredients, put shortening, sugar, eggs and vanilla into large bowl, and beat on high speed for 1/2 minute. Add buttermilk or sour cream. Then add sifted flour mixture alternately with mashed bananas while beating on medium speed. Beat only enough to blend about 2 minutes. Pour batter into 2 x 9 inch layer cake pans which have been greased and floured. Bake at 350 degrees 35 minutes - cool.

FRUIT COCKTAIL CAKE

Rose Berry

2 eggs
1 tsp. vanilla
1 #2 can cocktail fruit
1 c. flour
1 c. sugar
1 tsp. soda
1/2 tsp. salt

Mix well, put in pan and sprinkle top with 1/2 cup brown sugar and 1/2 cup walnuts. Bake at 350 degrees for 45 minutes in 8 x 8 inch pan.

CHOCOLATE BANANA CAKE

Margaret Ericson

1/2 c. shortening
1 1/2 c. sugar
2 eggs, well beaten
2 c. sifted flour
2 1/2 tsp. baking powder
1 tsp. salt
4 Tbsp. cocoa
1/4 c. butter, milk or sour cream
1/4 tsp. soda
1 c. mashed bananas about 3

Mix ingredients as listed. Combine bananas, buttermilk or sour cream and soda, then add to batter. Bake at 350 degrees in any kind of pan you wish.

BANANA CAKE

Helen Currah

3 large or 4 medium ripe bananas
1 1/2 c. sugar
3/4 c. Crisco
2 c. flour
1 tsp. soda
1 tsp. baking powder
2 eggs
1 tsp. vanilla
nuts if desired

Mash the bananas with a fork, add soda and let stand while mixing the Crisco, sugar and eggs. Cream well. Add the remaining ingredients. Bake in 350 degree oven. Bake in 9 x 12" tin. Be sure it's done, test with toothpick.

QUICK PINEAPPLE CAKE

Mary Blatz

1 pkg. yellow cake mix
1 can 20 oz. crushed pineapple, well drained
1 c. orange marmalade
1 c. flaked coconut

Prepare cake mix as directed on package and bake in 13 x 9 x 2" pan. Let stand 10 minutes in pan, then spread on pineapple, heat marmalade slightly, stir in coconut and spread over pineapple. Put under broiler until bubbly. Serve with whipped cream.

CARROT-PINEAPPLE CAKE

Alma Hill

2 c. sugar
3 eggs
1 1/2 c. cooking oil

Beat altogether and add 2 cups grated carrots.

Sift together:
3 c. flour
1 tsp. each soda, cinnamon
1/2 tsp. salt

Add to creamed mixture with 2 cups crushed pineapple and 1 tsp. vanilla. Add nuts if desired.

Bake in 13 x 9 inch pan for 45 minutes at 350 degrees.

FROSTING

Alma Hill

1 cube margarine
1 - 3 oz. pkg. Philadelphia cream cheese
2 c. powdered sugar (or enough to spread)
1 tsp. vanilla

Spread on cooled cake.

CRAZY COCOA CAKE

Meryle Martelli

Set oven for 350 degrees. Into a 9 x 13 pan, sift the following:

3 c. flour
2 c. sugar
1 tsp. salt
2 tsp. soda
6 Tbsp. cocoa

Make 3 dents in dry ingredients and put:

12 Tbsp. cooking oil
2 tsp. vanilla
2 Tbsp. vinegar

Pour over all 2 cups cold water. Mix thoroughly with spoon and bake 35 to 45 minutes.

APPLE CAKE

Meryle Martelli

2 c. sugar
1/2 c. butter or margarine
2 eggs
5 or 6 grated apples
2 c. flour
2 tsp. soda
2 tsp. nutmeg
2 tsp. cinnamon
1 c. nuts

Cream sugar and butter. Add eggs, then apples. Last add dry ingredients. Bake 350 degrees in greased 9 x 13 inch pan for 45 minutes.

CHOCOLATE CAKE

Gertrude Young

1/2 c. shortening
1 c. sugar
1 c. brown sugar
2 eggs
3 c. flour
1 c. sour milk
1 tsp. soda
1 tsp. salt
1 tsp. vanilla
1/2 c. cocoa, melted in 1/2 c. boiling water

Mix shortening with all dry ingredients, add eggs and sour milk, add cocoa and hot water mixture. Bake in moderate oven.

PRUNE CAKE

Olive Jackson

1 c. sugar
1/2 c. butter
3 eggs (save whites from 2 eggs for icing
1 c. prunes (stewed)
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. soda

(Cont.)

2 c. flour

Cream sugar and butter, add eggs and prunes. Sift flour and rest of dry ingredients together and add. Bake in layers.

APPLE CAKE — Mary Blatz

2 large eggs
1 c. salad oil
2 c. flour
4 c. apples (sliced thin)
2 tsp. cinnamon
1 tsp. soda
1/4 tsp. salt
1/2 c. nuts
2 c. sugar

Mix all - add apples and nuts last. Pour in 13 x 9 inch pan, greased, floured. Bake at 350 degrees for 45 to 60 minutes.

DEVILS FOOD CAKE — Dorothy Hunter

Sift:
2 c. flour
2 c. sugar
1 tsp. salt
1 1/2 tsp. soda

Boil together until thick:
1/2 c. cocoa
1 c. water

Beat with egg beater until thick:

1 c. Mazola oil
2 eggs
1 c. sour cream

Add sifted dry ingredients and heat until smooth. Add hot cocoa mixture and vanilla. Bake 350 degrees for 30 to 35 minutes.

JACK HORNER CAKE — Al Parks

1 c. cut up pitted uncooked prunes
1 c. boiling water
2 c. sifted flour
1 1/2 c. sugar
1 tsp. salt
1 1/4 tsp. soda
1 tsp. each cinnamon, nutmeg, cloves
1/2 c. cooking oil
3 eggs
1 c. chopped nuts

Pour boiling water over prunes, let stand 2 hours. Heat oven to 350 degrees. Sift dry ingredients together. Add prune mixture and rest of ingredients. Blend thoroughly 1 minute. Beat 2 minutes at medium speed or 300 strokes by hand. Pour into greased jelly

(Cont.)

roll pan 15 1/2 x 10 1/2 x 1". Bake about 35 minutes. Cut in half crosswise, cut one half into two (2) rectangles. Fill with lemon filling, top with lemon butter icing.

May do whole cake this way or ice the other half with lemon icing and sprinkle with nuts.

GLAD TIME CAKE — Merretta Cowan

1 pkg. (2 layer size) yellow cake mix
1 c. water
1/4 c. oil
1 pkg. (4 serving size) lemon instant pudding, pie filling
4 eggs

Combine all ingredients in a large mixer bowl. Blend; then beat at medium speed of electric mixer for 2 minutes. Pour into a greased and floured 10 inch bundt pan. Bake at 350 degrees for 50 to 55 minutes, or until cake tester inserted comes out clean.

Cool in pan 15 minutes. Remove from pan and finish cooling on rack. Sprinkle with powdered sugar.

GRAPE NUTS LOAF CAKE — Eleanor Starr

1 c. Grape Nuts
2 1/2 c. flour
3 eggs (separated)
1 c. milk
1/2 c. butter
1 1/2 c. sugar
2 tsp. baking powder
1 tsp. vanilla

Cream butter and sugar, add egg yolks, well beaten. Add milk, Grape Nuts and vanilla. Beat well. Fold in alternately well beaten egg whites and flour with baking powder sifted together. Bake 45 minutes in a pan lined with paper in a moderate oven.

May be baked in a small tube pan also.

NONE SUCH MINCEMEAT FRUITCAKE — Dorothy Hunter

1/2 c. shortening
1 c. light brown sugar
2 eggs
1/3 c. milk
1 3/4 c. flour
3 tsp. baking powder
1/4 c. water
1 pkg. None Such Mincemeat
3/4 c. raisins
1 lb. fruit mix (Lyons)

Cream shortening, add sugar and cream together. Add egg yolks, milk and mincemeat which has been softened with water. Sift flour and baking powder together. Slowly add raisins and fruit mix. Fold in stiffly beaten egg whites.

(Cont.)

Pour in greased loaf tin. Bake in slow oven 350 degrees for 60 to 90 minutes.

VICTORIA APPLESAUCE CAKE

Mary Blatz

2 c. flour
1 1/2 c. sugar
1 1/2 tsp. soda
1 1/2 tsp. salt
2 Tbsp. cocoa
1 1/2 c. applesauce
1/2 c. shortening
1/2 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
2 eggs
3/4 c. dates, chopped
3/4 c. raisins
3/4 c. walnuts, chopped

Sift flour with soda, salt, cocoa, spices. Cream butter with sugar until light and fluffy. Add eggs, alternately, with the applesauce, beating until smooth after each addition. Add fruit and nuts. Bake at 350 degrees in 13 x 9" pan for 50 min. Before baking, top with 3/4 c. of walnuts and 2 Tbsp. brown sugar, which has been mixed together.

ORANGE KISS ME CAKE

Topping:
juice of 1 medium orange
juice of 1/2 lemon
2/3 c. sugar

Mix and let stand 2 to 3 hours until dissolved. Do this first when you make this cake.

2/3 c. Crisco
1 c. sugar
1 egg
2 c. flour
1/2 tsp. salt
1 c. buttermilk
1 tsp. soda
1 1/2 tsp. baking powder
1 c. ground raisins
2 tsp. grated orange rind

Bake 45 minutes at 350 degrees. Drip the topping on top of cake with cake being hot.

ZUCCHINI CAKE

Nadine Gambill

2 1/2 c. flour
1/2 c. cocoa
2 1/2 tsp. baking powder
1 1/2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
3/4 c. margarine
2 c. sugar
3 eggs
2 tsp. vanilla
2 c. grated zucchini
1/2 c. milk
1 c. nuts

Bake in tube pan at 350 degrees for 1 hour or until done. If desired, put a thin glaze on this cake.

RHUBARB CAKE

Ruth Surbrook

2 c. flour
1 1/4 c. sugar
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/4 tsp. allspice
1/4 tsp. cloves
1/2 c. shortening
2 eggs
1/3 c. milk
2 c. rhubarb (or apples if desired)

Sift dry ingredients. Add shortening, beaten eggs and milk. Add chopped rhubarb, put in pan and add topping.

Topping:
2/3 c. flour
1/2 c. brown sugar
1 tsp. cinnamon
4 Tbsp. butter
1/4 c. chopped nuts

Pat down with hand. Bake 350 degrees for 40 minutes in 9 x 13" pan.

APPLESAUCE CAKE

Ruth Surbrook

1/2 c. butter
1 c. sugar
1 c. raisins
1 egg, beaten
1 1/2 tsp. cinnamon
1 1/2 tsp. cloves
1 tsp. vanilla
2 c. flour
2 tsp. soda
1 c. dates, chopped fine
1 1/2 c. unsweetened applesauce
1 c. coarse chopped nuts

Turn into a well greased bread pan. Bake slowly in moderate oven 1 hour at 350 degrees.

Cake topping:

2 c. powdered sugar
1/3 c. fresh orange juice or other fruit juice
2 Tbsp. Wesson oil

While cake is still warm (right from oven), pierce with fork into cake and pour frosting over the cake. (Loaf cake).

DARK FRUIT CAKE

Elizabeth Brunswick

1 lb. butter
1 lb. brown sugar
10 eggs
2 lb. fruit mix
1 lb. dates (pitted & cut up)
1 lb. walnuts

(Cont.)

1 c. honey
1 c. molasses
1/2 c. brandy
4 c. flour
1 lb. seedless raisins
1 tsp. salt
1 tsp. allspice
1 tsp. mace
1 tsp. nutmeg
1 tsp. soda

Cream butter, adding brown sugar gradually, add unbeaten eggs one at a time, beating well after each. Then add honey, molasses and finally brandy, stirring constantly. Sift flour, measure, sprinkle one cup over raisins, fruit mix, dates and walnuts. After mixing them together, sift remaining 3 cups flour with salt, allspice, mace, nutmeg and soda. Combine with liquid mixture. Pour over fruit and nuts, mixing well. Pour into greased baking pans and bake for 3 hours at 250 degrees.

This recipe makes 3 large loaves 9 x 5 x 3" pans.

OATMEAL CAKE

Helen Currah

First mix:
1 1/4 c. boiling water

Add:
1 c. quick cooking oats

Let stand 20 minutes.

Cream:
1/2 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
1 tsp. vanilla
1 1/2 c. flour
1 tsp. cinnamon
1 tsp. soda
1/4 tsp. salt
1/2 tsp. baking powder

To creamed mixture, add remaining ingredients. Bake in 13 x 9" pan at 350 degrees oven temperature for 35 to 40 minutes.

Topping:

Mix:
1 c. coconut
1/2 c. brown sugar
1/2 c. nuts
1/3 c. cream

Spread on the cake and return to oven for 2 to 3 minutes.

RHUBARB CAKE

Ruth Surbrook

2 c. flour
1 1/4 c. sugar
1 tsp. soda
1/4 tsp. cloves
1/2 c. shortening
2 eggs

(Cont.)

1 tsp. salt
1 tsp. cinnamon
1/4 tsp. allspice
1/3 c. milk
2 c. chopped apples or rhubarb

Topping:
2/3 c. flour
1/2 c. brown sugar
4 Tbsp. butter
1/4 c. chopped nuts
1 tsp. cinnamon

Sift dry ingredients. Add shortening, beaten eggs and milk. Add chopped apples or rhubarb. Put in pan and add the topping. Pat down with hand. Bake 350 degree oven 4 minutes 9 x 13" pan.

FROSTING WHITE MOUNTAIN CREAM — Frances Stratton

1 c. sugar
1/3 c. cold water
1 egg white
1/2 tsp. vanilla

Boil sugar and water until it spins a thread. Pour syrup gradually over beaten white. Beat until of right consistency to spread.

FLUFFY FROSTING — Frances Stratton

2 Tbsp. flour
1/2 c. milk

Boil till thick. Cool. Add 1/2 cup powdered sugar and 1/2 cup margarine to paste. Beat until fluffy. Add 1 cup powdered sugar AND FLAVORING TO TASTE.

BUTTER CREAM ICING — Frances Stratton

1/4 c. butter or margarine
1/4 tsp. salt
3 1/2 c. sifted powdered sugar
4 Tbsp. scalded cream or canned milk
1 tsp. vanilla

Cream shortening well, add sugar and alternate with milk. Beat till it holds its shape. If need be, thin with canned milk. Use a table knife dipped in very hot water to spread on cake.

SCRIPTURE CAKE — Pat Kerr

1 c. Judges 5:25 (last clause)
1 c. Jeremiah 6:20
2 c. Nahum 3:12
2 c. 1 Kings 4:22
1 pinch Leviticus 2:13
2 c. 1 Samuel 30:12
2 c. 1 Samuel 14:25
1 c. Numbers 17:8

(Cont.)

1 c. Judges 4:19 (last clause)
1 Tsp. Amos 4:5
3 Jeremiah 17:11

Season with II Chronicles 9:9 to taste. Follow Solomon's directions, Proverb 23:14 (first clause).

OATMEAL FUDGE BARS

Roy Hunter

2 c. sugar
1/3 c. butter or margarine
1/2 c. milk

Bring to boil for 1 minute. Pour over:

3 scant cups oatmeal
1/2 c. coconut
4 Tbsp. cocoa
1/2 c. nuts

Pour into pan or drop by spoon on wax paper.

OATMEAL CRISPIES COOKIES

Helen Currah

1 c. Crisco
1 c. brown sugar
1 c. white sugar
2 eggs
1 tsp. vanilla
3 c. quick cooking oats
1 1/2 c. flour
1 tsp. salt
1 tsp. soda
1/2 c. walnuts

Mix well, form into long rolls and let stand until thoroughly chilled or overnight. Slice thin. Bake in 350 degree oven.

GINGER COOKIES

Nadine Gambill

1 c. shortening
1 1/2 c. sugar
1 c. molasses
2 eggs
4 c. flour
3/4 tsp. ginger
1 tsp. cinnamon
2 tsp. soda

Roll in balls. Dip in water and sugar first. These cookies flatten themselves as they bake.

OATMEAL COOKIES

Elizabeth Brunswick

1 c. butter or oleo margarine
3/4 c. brown sugar
1 tsp. vanilla
1 tsp. soda
3/4 c. sugar
2 beaten eggs
sift 1/4 c. flour

(Cont.)

Add to mixture 2 cups of oatmeal and drop from spoon on cookie sheet. Bake 350 degree oven 12 to 15 minutes.

PEANUT BUTTER BALLS

Esther Peters

1 c. peanut butter
2 c. powdered sugar
1/4 c. butter or margarine
1 c. crushed nuts

Beat above ingredients with mixer. Roll into balls and refrigerate to harden. Dip balls into 1 pkg. chocolate chips and 1/4 bar of paraffin melted together. Store in refrigerator.

MACAROONS

Frances Stratton

whites of 4 eggs
1 1/2 c. sugar
1 c. coconut
1/2 c. walnuts
4 c. corn flakes
1 tsp. vanilla

Mix thoroughly in order given. Drop from spoon. Bake for 20 minutes in moderate oven.

COCONUT MACAROONS

Frances Stratton

1 egg white
1 c. powdered sugar
1/8 tsp. salt
1 c. coconut

Add salt to egg whites and beat stiff. Add sugar and coconuts. Drop from spoon on greased sheet. Bake 15 minutes in a slow oven.

ROLLED OATMEAL COOKIES

Frances Stratton

3 c. oatmeal
2 c. flour
3/4 c. shortening
3/4 c. brown sugar
1 tsp. soda
3/4 c. hot water

Pour hot water and soda over shortening. Add sugar and stir. Mix flour and oatmeal together and add to other mixture. Roll and cut with cookie cutter or use a knife and cut into squares. (This recipe is from a 1904 Canadian cook book).

POTATO CHIP COOKIES

Elizabeth Brunswick

1 c. shortening
1 c. white sugar
2 c. flour
1 tsp. vanilla
1 c. brown sugar
2 eggs
1 tsp. baking powder
1 c. crushed potato chips

(Cont.)

3/4 c. chopped nuts

Cream shortening, sugar and eggs till creamy. Add all the rest of ingredients and mix well. Drop by spoon and press with fork. Bake in 350 degree oven 10 to 15 minutes until brown.

BIRD NEST COOKIES — Elizabeth Brunswick

1/2 c. butter
1/2 c. brown sugar
1 egg yolk
1 c. flour

Cream the butter and sugar well. Add the egg yolk and flour and mix well. Shape into little balls. Dip the balls in lightly beaten egg white and then in the coconut or nut meats. Place on cookie sheet and make a small depression in the center of each cookie. Bake for 8 minutes in a moderate oven. Then press the centers down again and return to oven for 10 more minutes. Remove the cookies from the cookie sheet at once and place on cooling rack. Put a little jam or jelly in the center of each cookie.
Yields 2 dozen cookies.

BANANA RAISIN DROPS — Elizabeth Brunswick

3/4 c. butter
1 Tbsp. grated orange peel
1 c. mashed banana
1 c. nuts
1/2 tsp. salt
1 c. sugar
1 egg
1 1/2 c. rolled oats
1 1/2 c. sifted flour
1 tsp. baking soda

Cream butter, orange peel and sugar, beat in egg, mix in banana, oats, raisins and nuts.
Sift flour with soda and add to remaining ingredients and mix well. Drop from tablespoon onto greased cookie sheet. Bake 10 to 12 minutes in 375 oven. Remove and cool on rack.

ENGLISH SCONES — Dolly Hill

1 lb. flour,
1 tsp. soda
2 tsp. cream of tartar
pinch salt

Sift together and add 1/4 lb. sugar and 1/4 lb. shortening. Cut or rub in the shortening, then add 3 oz. either currants or raisins and mix to a stiff consistency with milk. Pat out on a floured board to about an inch thick. Bake in hot oven till done, about 15 to 20 minutes.

CHERRY CRUNCH

Frances Stratton

1 pkg. White cake mix
1 can cherry pie filling
1 tsp. lemon juice
1/2 c. chopped nuts
1/2 c. melted butter
sweetened whipped cream or topping or ice cream

Spread filling in bottom of 9 inch cake tin. Sprinkle with lemon juice. Combine cake mix, nuts and butter. Sprinkle over filling. Bake at 350 degrees for 40 to 50 minutes until golden brown. Serve with topping or ice cream.

EASY PEANUT BUTTER COOKIES

Alma Hill

1 c. sugar
1 egg
1 c. chunky peanut butter

Mix together, drop by teaspoon on oiled cookie sheet. Bake 14-16 minutes in 350 degree oven.

SUGAR COOKIES

Dorothy Hunter

1 c. granulated sugar
1 c. powdered sugar
1 c. oleo
1 c. cooking oil
2 eggs
4 1/2 c. flour
1 tsp. soda
1 tsp. cream of tartar
1 tsp. vanilla

Combine first four ingredients, beat well, add eggs and remaining ingredients and mix well. Drop small balls of dough on cookie sheet and flatten slightly with a fork. Bake in 375 degree oven for 10 or 12 minutes.

BROWN SUGAR COOKIES

2/3 c. shortening
1 c. granulated sugar
1 c. brown sugar (packed)
2 tsp. vanilla
1 tsp. baking soda
1 tsp. salt
2/3 c. butter or margarine, softened
2 eggs
3 1/4 c. Gold Medal all-purpose or unbleached flour

Mix shortening, butter, sugars, eggs and vanilla thoroughly. Stir in remaining ingredients. Turn dough onto lightly floured board. Shape dough into ball with lightly floured hands, pressing

(Cont.)

to make dough compact. Cut dough in half. Shape each half into roll 2 inches in diameter and about 8 inches long by gently rolling dough back and forth on floured board. Roll dough onto plastic wrap; wrap and twist ends tightly. Dough can be refrigerated up to 1 month or frozen up to 3 months.

Heat oven to 375 degrees. Cut roll into 1/2-inch slices. (It is not necessary to thaw frozen dough before slicing.) Place slices about 2 inches apart on ungreased baking sheet. Bake 9 to 11 minutes. Immediately remove cookies from baking sheet onto wire rack. About 5 1/2 dozen cookies.

Chocolate Chip: add 1 cup mini semi-sweet chocolate chips and 1 cup chopped nuts with the flour.

Oatmeal-Coconut: reduce flour to 2 3/4 cups. Add 1 cup flaked coconut and 1 cup quick-cooking oats with the flour.

Peanut butter: add 1 cup creamy or chunky peanut butter with the shortening.

Chocolate-Nut: add 1 c. chopped nuts and 1/2 cup cocoa with the flour.

Fruit slices: add 1 cup whole candied cherries, 1/2 cup chopped nuts and 1/2 cup cut-up mixed candied fruit with the flour.

*If using self-rising flour, omit baking soda and salt.

ALMOND ROCA COOKIES

Merretta Cowan

1 c. butter or use half butter and half margarine
1/2 cup brown sugar 1/2 c. white sugar

Mix until light and creamy, add 1 beaten egg yolk.
Add:
1 tsp. vanilla and almond flavoring 2 c. sifted flour

Mix thoroughly, spread mixture thinly on cookie sheet. Bake in 350 degree oven until golden brown, about 10 to 12 minutes. Melt a 10 oz. bar of Farmington Milk chocolate in double boiler, spread melted chocolate on warm cookies, sprinkle 1 cup crushed walnuts or pecans. Use flat side of spatula to press nuts into warm chocolate.

FRUIT COOKIES

Elizabeth Brunswick

1 1/2 c. sugar
1 c. butter
1 c. raisins
2 1/2 c. flour
1 tsp. cinnamon
1 tsp. soda (dissolved in a little water)
1 c. chopped walnuts
pinch of salt
3 eggs

(Cont.)

Drop with spoon on cookie sheet. Bake in moderate oven of 350 degrees 12-15 minutes.

HERMITS (Fruited Cupcakes)

Frances Stratton

3/4 c. shortening
2 c. sugar
1 c. raisins
1/2 c. milk
1 tsp. soda, dissolved in hot water
1 tsp. cloves
1 tsp. cinnamon
2 1/3 c. flour
4 eggs

Cream shortening, add sugar and eggs. Add soda and mix and sift dry ingredients and add alternately with milk to creamed mixture. Add floured raisins. Bake in cupcake papers in muffin tins.

BAR COOKIES WITH JAM

Merretta Cowan

Mix together 1 1/2 cups flour, 1 cup brown sugar and 1 1/4 cups rolled oats. Work in 3/4 cup butter until mixture is crumbly. Press half of mixture evenly into bottom of a greased 8 inch square baking pan. Spread with 3/4 cup raspberry jam. Press remaining mixture over pan, covering completely. Bake at 325 degrees for 40 to 45 minutes until golden. Cool and cut into squares. Makes about 1 1/2 dozen small squares.

BUTTER COOKIES

Eleanor Starr

1 c. butter
1 c. sugar
1 tsp. orange juice
1/2 tsp. salt
1/2 tsp. cream tartar
1/2 tsp. soda
2 c. sifted flour
1 tsp. vanilla

Form dough into small balls and press down with a glass that has been dipped in flour.

Bake 10 minutes at 350 degrees.

BOILED FUDGE COOKIES

Evelyn Perry

2 c. sugar
1 cube butter or oleo
3 Tbsp. cocoa
1/2 c. milk

Cook two (2) minutes, add 2/3 cup of chunky peanut butter and 1 tsp. vanilla. Pour over 3 1/2 cup quick cooking oatmeal. Drop on waxed paper by spoonsful.

CARROT COOKIES

Pat Kerr

1 c. sugar
1/2 c. shortening
1 egg (unbeaten)
1 tsp. lemon extract
1/2 c. (finely grated carrots)
1/2 c. raisins
2 c. flour
2 tsp. baking powder
1/2 tsp. salt

Cream sugar and shortening. Beat in eggs and extract. Stir in raisins and carrots, and sifted dry ingredients. Drop by spoonsful on greased cookie sheet. Bake at 350 degrees for 12 to 15 minutes. Makes 3 dozen.

NUT CRISP COOKIES

Dolly Hill

Cream thoroughly:
1/2 c. shortening with 1 c. brown sugar (packed)

Beat in:
1 unbeaten egg
1 tsp. vanilla

Sift together:
1 c. Gold Medal flour
1/4 tsp. soda
1/2 tsp. salt

Stir into cream mixture. Mix in 1/2 to 1 cup chopped nuts. Drop by teaspoon (about 2 inches apart) on lightly greased baking sheet.

Bake 12 to 15 minutes in moderate oven (350 degrees).

PEANUT BUTTER COOKIES

Sarah Sellers

1 c. shortening
1/2 tsp. salt
1 c. peanut butter
1 c. white sugar
1 c. brown sugar
2 eggs, well beaten
1 Tbsp. milk
2 c. flour
1/2 tsp. soda

Combine shortening, salt, peanut butter, mix well. Gradually add white and brown sugar, cream thoroughly after each addition, add eggs and milk, mixing well. Sift together flour and soda. Blend well first mixture.

Drop dough by teaspoons onto greased baking pan or roll into balls 3/4 or 1 inch in diameter. Press lightly with a fork to flatten.

Bake 350 degrees oven 15 to 20 minutes. Makes 10 to 12 dozen cookies.

BUTTERSCOTCH COOKIES

Pat Kerr

2 c. brown sugar
1 c. butter or substitute
2 eggs
3 c. sifted flour
1 tsp. soda
1 tsp. cream tartar
1 c. finely chopped nuts

Cream butter, sugar add eggs one at a time, blend thoroughly after each. Add sifted dry ingredients. Stir in nuts. Chill the dough. Form into 2" rolls. Wrap in wax paper and store in refrigerator until needed. Slice 1/8 inch thick, place on baking sheet and bake at 400 degrees for 10 to 12 minutes. Makes about 80 cookies.

I usually wrap the dough in wax paper and press it into butter or margarine cartons and store in the freezer until needed. The frozen dough is easy to slice.

MAPLE RAISIN CHIPS

Tille Lacher

1 c. rolled oats
3/4 c. firmly packed brown sugar
1/2 c. oil
1 egg beaten
3/4 c. raisins
1 tsp. maple flavoring
3/4 c. sifted flour
1 1/2 tsp. baking powder
3/4 tsp. salt
1/3 c. nuts

Combine oats and brown sugar, stir in oil, eggs and flavoring. Sift together dry ingredients and add to oats mixture, blending well then stir in raisins and nuts.

FRYING PAN COOKIES

Evelyn Perry

1/2 c. oleo
3/4 c. sugar
2 eggs
1 1/2 c. Rice Krispies
1 c. walnuts
1 c. dates

Cook 5 minutes in heavy skillet. Stir constantly. Add Rice Krispies and walnuts. Take a spoonful at a time and shape oblong and roll in coconut.

SCOTCH SHORTBREAD

Pat Kerr

2 c. flour
1 c. butter or margarine
1/2 c. fine berry sugar
1 Tbsp. cornstarch

Cream butter, add sugar gradually. Combine flour & cornstarch very gradually. This mixture should be kneaded with the hands, will feel like rich pie dough. Mold into long rolls & slice into 1/2" slices. Bake in slow oven (325) until very light brown.

CHOCOLATE PEANUT BUTTER COOKIES — Alma Hill

1/2 c. white sugar
1/2 c. brown sugar (packed firmly)
1/2 c. margarine

Blend together, add:
1 c. flour
1 c. oatmeal
1 tsp. vanilla
1 tsp. soda
1/2 tsp. salt

Bake in 8 x 8" pan 20 minutes at 350 degrees.

Topping:
Melt chocolate and add coconut. When cool, cut in strips or bars.

SUPREME COOKIES — Helen Currah

1 c. butter, very soft
1/2 c. white sugar
1/2 c. brown sugar
1 egg yolk
1 tsp. vanilla
2 c. flour
1 - 10 oz. bar Hershey chocolate to be added last

Mix and spread thinly on a cookie sheet and bake 350 degree oven for 17 minutes. Melt the Hershey bar, spread on cookies while still warm, then sprinkle with chopped nuts and cut in squares while warm.

DATE & NUT BAR COOKIES — Pat Kerr

1 c. chopped dates
1 c. chopped nuts
2 c. flour
pinch of soda
2 eggs
1 c. sugar
1 Tbsp. cooking oil
1 tsp. lemon juice
1/2 tsp. salt

Mix thoroughly, spread on cookie sheet 1/4 inch thick. Bake 20 minutes at 375 degrees. Cut into squares while hot.

WHITE GERM COOKIES — Eleanor Starr

1 egg white, well beaten
1 c. brown sugar
1/2 tsp. vanilla
1/4 tsp. salt
3/4 c. pecans
1/4 c. wheat germ

(Cont.)

Mix and pour into greased waxed papered pan. Bake 1/2 hour at 325 degrees. Cut in squares.

DREAM BARS — Helen Currah

First mixture:
1/4 c. Crisco
1/2 c. brown sugar
1 c. sifted flour

Second mixture:
1 c. brown sugar, packed
1 tsp. vanilla
1 c. walnuts
1/4 tsp. salt
1 c. corn flakes
1 c. coconut

Cream thoroughly first 3 ingredients, press into greased 12 x 18 pan. Bake 15 minutes.

Mix eggs with 1 cup brown sugar until fluffy at low speed. Beat in the rest of the ingredients just until mixed. Spread over baked layer and bake 20 minutes. Cut into bars while warm.

HUNGARIAN BARS — Pat Kerr

1/2 c. butter
1 c. brown sugar
2 egg yolks
1 tsp. vanilla
1 1/2 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt

Mix above ingredients together and press in bottom of 8 x 12 inch pan. Cover with the following ingredients:

2 egg whites, beaten stiff
1 c. brown sugar
1 c. chopped dates
2/3 c. chopped walnuts
3/4 c. glase cherries

Bake for 30 to 40 minutes. Cool, cut into squares. Very rich.

PINEAPPLE BARS — Frances Collier

Sift together:
1 c. sifted flour
1/2 tsp. soda
1/2 tsp. salt into a bowl add
1 c. rolled oats uncooked, drained
1/2 c. brown sugar
1/2 c. shortening
2/3 c. crushed pineapple
1 Tbsp. pineapple juice

Beat smooth for two minutes. Spread mixture in an oiled

(Cont.)

7 x 11 inch pan, bake in moderate oven 350 degrees for 25 to 30 minutes. Cool, combine 1/2 cup confection sugar and one tablespoon pineapple juice. Spread over cool mixture. Cut into bars and remove from pan. Makes 1 1/2 dozen.

CARMEL BARS — Dorothy Hunter

1 c. oleo
1 c. brown sugar
7 or 8 Hershey bars
1 c. walnuts
graham crackers (enough to line cookie sheet)

Line buttered cookie sheet with whole graham crackers. Cook oleo and brown sugar for 2 minutes. Add nuts, pour over graham crackers, bake 7 minutes. Lay Hershey bars on top after taken from the oven and let melt, and spread. Refrigerate until chocolate is hard. Cut while warm.

COCONUT FINGERS — Dolly Hill

1/4 lb. sugar
1/4 lb. coconut
1/2 tsp. baking powder
1/4 lb. butter
2 oz. flour
3 eggs

Beat butter and sugar to a cream. Mix coconut with flour and baking powder. Break in 1 egg to creamed mixture. Add some of dry ingredients, beating well. Beat by degrees 2 more eggs and rest of flour and coconut, beating well.

Grease a flat pan and line with greased paper. Pour in mixture, flatten top with a spatula and bake in a moderate oven 15 to 20 minutes.

Then turn out onto a sheet of paper sprinkled with red and white sugar. Cut into fingers and sift top with sugar.

BROWNIES — Clara Mikelson

1/4 lb. margarine
1 c. white sugar
4 eggs, well beaten
1 tsp. vanilla
1 can Hershey chocolate syrup #1 can
1 c. flour
1/2 c. nuts

Cream sugar and margarine, add beaten eggs and chocolate syrup. Mix in flour, nuts, and vanilla. Put in 10 1/2 x 13" pan. Bake in 350 degree oven for 30 minutes.

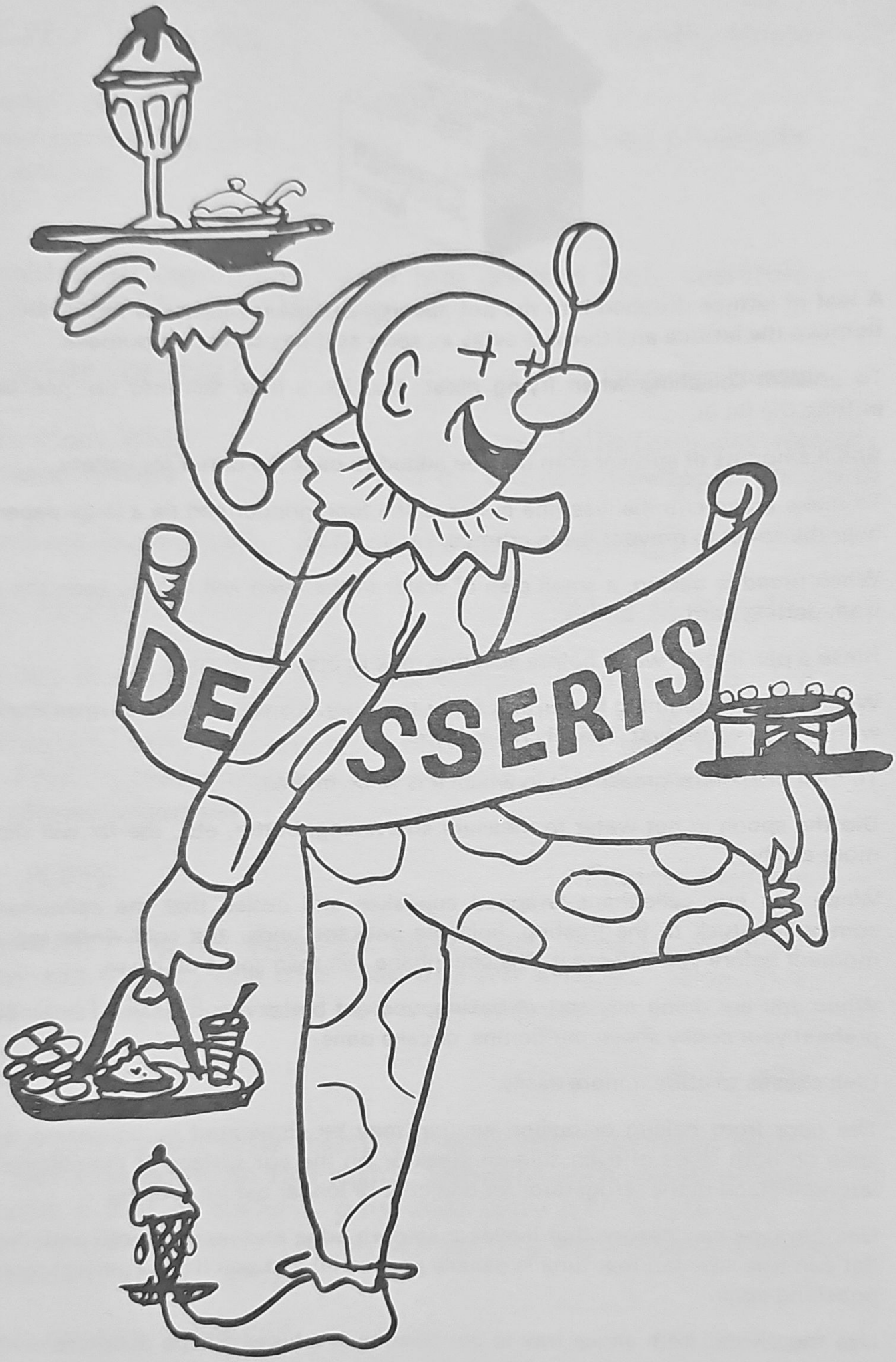
(Cont.)

Frosting:

6 Tbsp. margarine
6 Tbsp. milk
1/2 c. chocolate chips
1 1/2 c. sugar

Combine sugar, milk and margarine. Boil 3 minutes. Remove from heat, add chocolate chips and beat until creamy.

Write your extra recipes here:


DESSERTS

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

DESSERTS

SCALLOPED PINEAPPLE — Dorothy Hunter

4 c. bread cubes
1 stick margarine (melted)
3 eggs, beaten
1 c. milk
1 c. sugar
1 #2 can crushed pineapple (drained)

Combine all ingredients, pour into greased 2 qt. casserole. Cover and bake 1 hour at 350 degrees.

COOL WHIP DESSERT — Dorothy Hunter

1 - 9 oz. Cool Whip
1 c. cottage cheese
1 - 3 oz. jello (dry) any flavor
1 c. crushed pineapple (drained)

Combine ingredients. Refrigerate before serving.

COFFEE FLUFF — Alma McDonald

1/2 lb. marshmallows, 1 cup hot coffee, 1 tsp. vanilla, 1/8 tsp. salt, 1 c. cream. Place marshmallows in top of double boiler. Add coffee and salt, and stir until smooth. Chill until beginning to set. Fold in cream whipped and vanilla. Chill. Arrange in sherbet glasses when set.

CREAM PUFFS — Frances Stratton

Boil with 1 cup hot water 1/2 cup butter. Add 1 cup flour. Cool and add 4 eggs, one at a time and stir briskly. Drop on a tin sheet and bake 25 minutes in a moderate oven.

ENGLISH TRIFLE — Dolly Hill

Use 2 pkts. small jelly rolls, cut each roll into three parts and lay flat side down on flat dish. Sprinkle with sherry or port wine, make a pint of custard, pour over jelly rolls while hot. Let stand until cold, decorate just before serving with whipped cream, nuts, glazed cherries, etc.

BROKEN GLASS DESSERT — M. Serfass

Lime, orange, cherry jello -- 1 1/2 cups boiling water to each. Harden in shallow pans. Dissolve 1 envelope Knox gelatin in 1/4 cup cold water; add 1/4 cup hot water; add 1/2 cup pineapple. Whip 1/2 pt. cream, add 1/2 cup sugar, gelatin (Cont.)

and jello cut into tiny squares. Cut 1 pkg. Hostess jelly rolls into 12 slices. Arrange slices in bottom of baking dish. Pour on mixture. Harden in refrigerator. (Keeps well).

BAKED CUSTARD

Frances Stratton

4 eggs
1/2 c. sugar
1/4 tsp. salt
1 tsp. vanilla
1 quart milk

Beat eggs, sugar, salt and vanilla together. Scald milk in double boiler. Add slowly to beaten mixture, very slowly, stirring constantly. Put into small molds or buttered baking dish. Place in shallow pan of hot water and bake from 30 to 40 minutes, or until a knife comes out clean when poked into custard. Can be served warm or cold, as is or with a topping.

CHESS PIES FOR TART SHELLS

Frances Stratton

1 c. butter or margarine
1 scant cup sugar
3 eggs
1 c. each nuts and raisins
pinch salt
1 tsp. vanilla

Mix sugar and butter. Add sugar, add to beaten eggs. Add remaining ingredients to mixture and drop by spoonsful into unbaked tart shells. Bake until firm.

OATMEAL CRUNCH PEAR PIE

Frances Stratton

4 c. peeled, cored and sliced pears
1/4 c. lemon juice
2/3 c. sugar
2 1/2 tsp. quick tapioca
1 Tbsp. butter
1/2 tsp. cinnamon
8 or 9 inch unbaked pie shell

Blend in all ingredients in a large bowl about 15 minutes. Pour into pie shell, dot with butter and bake at 375 degrees for 10 minutes.

Topping:

1/2 c. quick oatmeal
1/3 c. all-purpose flour
1/3 c. melted butter
2 tsp. sugar
2 Tbsp. sliced almonds

(Cont.)

Mix until well blended with a fork. Sprinkle evenly over top of pie. Continue baking for 35 to 40 minutes. Can be served warm or cold.

PINEAPPLE ROLL — M. Cowan

1 c. crushed pineapple
10 marshmallows, diced
1/2 c. coconut
1 envelope Knox gelatin
1 c. graham cracker crumbs
10 dates, pitted & chopped
1/2 c. chopped nuts

Combine all the ingredients and roll in more crumbs on wax paper. Roll in wax paper and put in refrigerator to chill. Serve with whipped cream. You can drain juice off pineapple to mix with gelatin. Add about 2 tablespoons of cream to make a little richer and helps to bind it together.

LEMON PIE — Frances Stratton

grated rind and juice of 3 lemons
2 c. white sugar
6 eggs
2 c. boiling water
4 heaping Tbsp. flour

Mix all together and cook in double boiler until thick. Makes 3 pies.

APPLE CRISP — Millie Sharman

3/4 c. brown sugar
1/2 c. flour
1/4 c. quick oatmeal
1/3 c. butter
1 tsp. cinnamon
6 c. sliced apples
1 Tbsp. lemon juice
1 Tbsp. water

Combine sugar, flour, oatmeal, butter and cinnamon, mix well. Set aside, place apples in 9 inch pan. Sprinkle lemon juice, water over the apples. Bake in oven 375 degrees from 40 to 45 minutes.

Serve warm with whipped cream.

MILK SHERBET — Olive Jackson

6 c. milk
1 1/2 c. sugar
juice of 2 lemons
juice of 3 oranges
1 small can of pineapple crushed

(Cont.)

Chill milk and sugar in 1 gallon freezer, then add the rest of ingredients (total 3 cups). Then add 1 1/2 cups more sugar.

Freeze as hard as you can, turn it and pack it.

SUPREME PIE — Frances Stratton

1 pkg. lemon or lime jello
1 pint vanilla ice cream
1 1/4 c. hot water or lime juice
1 c. fruit, pineapple or strawberries

Mix jello; melt ice cream in double boiler. Mix when jello has cooled. Fold fruit in after mixture begins to thicken. Pour into a baked pie shell. Refrigerate when cool.

RAISED OVEN DOUGHNUTS — Frances Stratton

All measurements are level, sift flour before measuring. In a large saucepan, bring just to boiling point 1 1/2 cups MILK. Remove from heat and stir in:

1/3 c. shortening
1/4 c. sugar
2 tsp. each SALT & NUTMEG
1/4 tsp. cinnamon (optional)

When lukewarm add: 4 3/4 cups sifted enriched FLOUR, 2 large well-beaten EGGS; 2 cakes compressed or dry YEAST, softened in 1/4 cup lukewarm water. Beat dough until well mixed. Cover pan and let stand in slightly warm place until dough is light and double in bulk. (About 50 to 60 minutes). Turn onto well floured board, turning over 2 or 3 times to form a soft ball. (Dough will be soft to handle). Roll lightly, avoiding stretching until about 1/2 inch thick. Cut with a 3 inch doughnut cutter.

Place rings carefully, 2 inches apart, on greased baking sheets. Brush with melted butter or margarine...let rise in a warm place until double in size about 20 minutes. Bake in a preheated, hot (425 degree) oven for 8 to 10 minutes, or until a deep golden brown. As soon as they are removed from oven, brush again with melted butter or margarine. Roll in granulated sugar. 2 1/2 to 3 dozen doughnuts.

CREAM PUFFS — Helen Currah

4 eggs
1/2 c. Crisco
1 c. boiling water
1 c. flour
1/4 tsp. salt

(Cont.)

To the boiling water, add salt and flour, stir briskly. When smooth, remove from heat and beat one egg at a time into the mixture.

Drop by spoonsful on a greased baking sheet. Bake in 450 degree oven for 10 minutes. Reduce heat to 400 degrees, bake 30 minutes longer.

MYSTERY PUDDING — Isolina Hurnblad

1 egg
2 c. drained fruit cocktail
1 c. flour
1/4 tsp. salt
1 c. sugar
1 tsp. soda
1/2 c. brown sugar
1/2 c. walnut

Beat 1 egg, add 2 cups drained fruit cocktail. Sift flour, sugar, soda, salt and combine with first mixture. Bake in 9 x 9" greased pan. Top with 1/2 cup brown sugar and 1/2 c. chopped nuts. Bake 1 hour and 10 minutes in a 300 degree oven.

KAPOWSIN DESSERT — Eleanor Starr

2 c. sugar
2 c. flour
2 tsp. baking soda
1 tsp. vanilla
2 tsp. salt
2 eggs
4 Tbsp. juice if no fruit available

Grease 18 1/2 x 13 1/2" pan. Mix all the ingredients above.

Top with:
3/4 c. brown sugar
3/4 c. nuts

Bake at 325 degrees for 1 hour.

DATE PUDDING — Gertrude Young

1 c. chopped dates
3/4 c. sugar
1 c. water
cook together for a few minutes, add 1 tsp. vanilla
1 1/4 c. rolled oats
1 c. brown sugar
1 1/2 c. flour
1/2 tsp. salt
1 tsp. baking soda
3/4 c. butter

Mix all dry ingredients, mix in butter like pie dough. Divide the mixture, put half in bottom of baking pan, cover with date filling, cover with the rest of date mixture. Bake 45 minutes at

(Cont.)

350 degrees. Serves 8 or 10. Top with whipped cream.

PISTACHIO DESSERT — Dolly Hill

1st layer:
Mix 1 cup flour and 1 cube margarine. Distribute and pat in 9 x 13" pan. Bake 15 minutes at 350 degrees.

2nd layer:
1 - 8 oz. Philadelphia cream cheese, 2/3 cup powdered sugar, 1/2 large Cool Whip. Cream together. Spread over 1st layer.

3rd layer:
2 pkg. instant pistachio pudding, 2 1/2 cups milk. Whip together and spread on 2nd layer.

4th layer:
Spread remaining Cool Whip (1/2) on top. If desired - sprinkle with nuts.

CHEESE CAKE — Eleanor Starr

1 large can evaporated milk
1 - 3 oz. pkg. lemon jello
1 c. boiling water
2 1/2 c. graham crackers
2 tsp. sugar
1/2 tsp. cinnamon
1/2 c. margarine, melted
1/2 c. sugar
2 tsp. vanilla

Lemon juice if desired. (Yellow coloring). Put milk in bowl and also the beater into freezer until crystals form on milk. Dissolve jello in water. Cook to room temperature. Combine graham crackers, sugar, cinnamon and melted margarine. Beat cheese and add sugar and mix until very creamy. Beat milk at high speed, add cheese mixture and milk, vanilla, lemon juice and coloring. Mix together. Line pan with graham crackers. Fill with filling. Top with some of the crumbs. Set for 3 hours at least. Better if made day before going to use.

CREAM PUFFS — Pat Kerr

1/2 c. butter
1 c. flour
4 eggs
1 c. water
1/8 tsp. salt

(Cont.)

Put butter, water and salt into pan and let come to a boil. Reduce heat, add the flour, beat until smooth. Take from heat, break in the eggs, one at a time and beat vigorously after each egg. Drop by spoonsful on a buttered baking sheet.

Puffs should be baked in hot oven for the first 15 minutes, reduce heat and continue baking for one hour. When cold, these may be filled with whipped cream or lemon filling, or chocolate filling or your favorite filling.

NABISCO DELIGHT

Margaret Ericson

1 pkg. lemon jello
3/4 c. sugar
1 c. boiling water
rind & juice of one lemon
1/2 pt. whip cream
Nabisco cookies, crumbled

Mix jello and let set until wibble stage. Then whip, then add 1/2 pt. whip cream that has been whipped, fold into jello mixture. Then put into a 9 x 13 glass dish, put a layer of Nabisco crumbs, put jello over them, then add more cookie crumbs on top. Let set in refrigerator until time to serve. Cut in squares and serve with whip cream.

BIRDS NEST PUDDING

4 apples peeled and sliced into pie plate. Sprinkle a little sugar over apples and add one tablespoon water. Place in moderate oven.

Cake batter:

2/3 c. flour
2 Tbsp. shortening
1/3 c. sugar
1/3 c. molasses
2 tsp. baking powder
1 egg

Enough to make a batter.

Combine as for cake and pour over the apples and bake until apples and cake are done.

Dip to put over pudding:

1 1/2 Tbsp. flour
1/2 c. sugar
2 c. water
1/3 c. molasses
2 Tbsp. vinegar
1 Tbsp. butter

Combine in saucepan and cook until slightly thick, stirring constantly. Serve pudding and dip while warm.

LEMON SURPRISE DESSERT — Hilda Iams

Beat 3 egg yolks until thick. Add 1/2 cup sugar and beat well. Add juice and grated rind of lemon and beat thoroughly. Fold in 3 egg whites which have been beaten stiff.

To this add 1 Tbsp. Knox gelatin which is softened in 1/3 cup cold water and dissolved over hot water.

Roll 6 lady fingers or vanilla wafers, add the crumbs to 1 pint of cream whipped stiff. Fold this into the first mixture. Line pan with lady fingers and pour in the mixture and cover top with lady fingers.

Refrigerate several hours.

OZARK DESSERT — Eleanor Starr

2 eggs, 1 1/4 cups sugar. 2 1/2 tsp. baking powder, 1/2 tsp. salt, 2/3 c. flour, 1 c. walnuts. 1 apple, chopped, 2 tsp. vanilla, 1/2 pint whipped cream, 4 tsp. rum - add to cream for topping.

Mix all but whipped cream and rum. Bake 40 minutes at 350 degrees.

PET MILK GELATIN DESSERT — Gertrude Young

2 c. graham crackers, crushed
1/2 c. soft butter
1/2 c. brown sugar

Mix like pie dough. Put 1/2 mixture on bottom of an 10 x 20" pan. Dissolve 1 pkg. lemon (any flavor will do) jello in 1 pint hot water. Cool until it will whip. One large can Pet milk ice cold, whip till thick. Combine jello and whipped cream. Pour mixture on bottom layer of cracker crumbs. Cover with other half of cracker mixture. Keep in refrigerator. Serves 15.

BAKED FUDGE DESSERT — Pat Kerr

1 c. flour
1/2 tsp. salt
1/2 c. sugar
2 tsp. baking powder
5 Tbsp. cocoa
1/2 c. butter
1/2 c. milk
1 tsp. vanilla
1/2 c. brown sugar
1/2 c. corn syrup
1/2 c. boiling water

Sift together flour, salt, sugar, baking powder and 3 Tbsp. cocoa. Cut in butter, add milk, vanilla. Spread in 8" square pan.

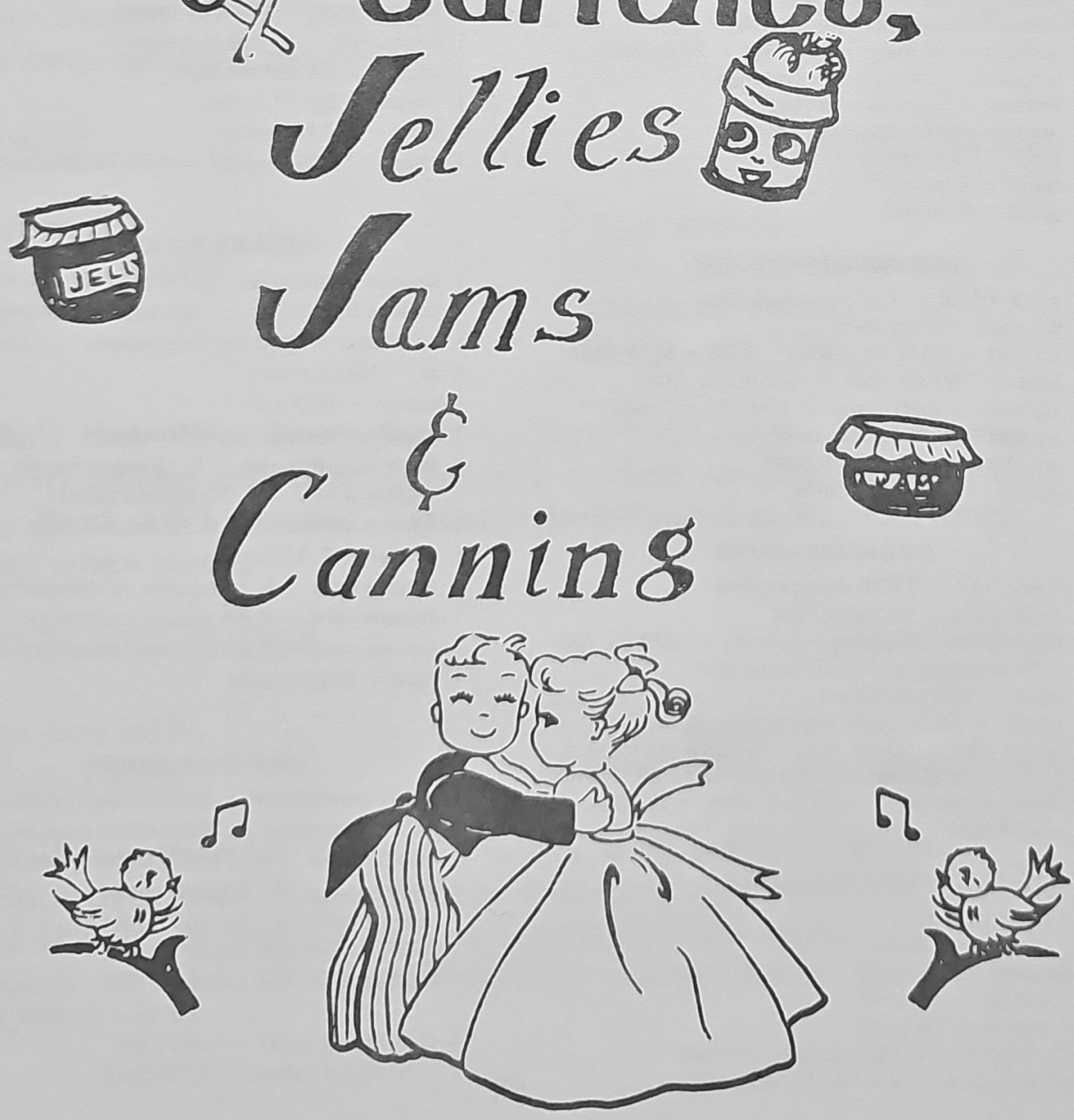
Mix brown sugar, remaining 2 Tbsp. cocoa and corn (Cont.)

syrup. Add boiling water and mix well. Pour this sauce over mixture in pan. Bake at 350 degrees for 50 minutes.

Write your extra recipes here:

Write your extra recipes here:

candies, Jellies Jams & Canning



WEIGHTS AND MEASURES

AVOIRDUPOIS

1 pound = 16 ounces
1 hundredweight = 100 pounds
1 ton = 20 hundredweight = 2000 pounds
1 long ton = 2240 pounds

EQUIVALENT VALUES

1 square mile = 640 acres = 102,400 square rods = 3,097,600 square yards
1 square mile = 27,878,400 square feet = 4,014,489,600 square inches

Inches	Feet	Yards	Rods	Furlongs	Miles
36 =	3 =	1			
198 =	16.5 =	5.5 =	1		
7,920 =	660 =	220 =	40 =	1	
63,360 =	5280 =	1760 =	320 =	8 =	1

APOTHECARIES

1 scrupple = 20 grains
1 dram = 3 scruples
1 ounce = 8 drams
1 pound = 12 ounces

METRIC

1 centigram = 10 milligrams
1 decigram = 10 centigrams
1 gram = 10 decigrams
1 dekagram = 10 grams
1 hektogram = 10 dekagrams
1 kilogram = 10 hektograms
1 metric ton = 1000 kilograms
1 kilogram = 2.20 pounds
1 pound avoirdupois = 0.45 kilogram

(English Units)

LINEAR MEASURE

1 foot = 12 inches
1 yard = 3 feet
1 rod = 5½ yards = 16½ feet
1 mile = 320 rods = 1760 yards = 5280 feet
1 nautical mile = 6080 feet
1 knot = 1 nautical mile per hour
1 furlong = ⅛ mile = 660 feet = 220 yards
1 league = 3 miles = 24 furlongs
1 fathom = 2 yards = 6 feet
1 chain = 100 links = 22 yards
1 link = 7.92 inches
1 hand = 4 inches
1 span = 9 inches

SQUARE MEASURE

1 square foot = 144 square inches
1 sq. yard = 9 sq. feet
1 sq. rod = 30¼ sq. yards = 272¼ sq. inches
1 acre = 160 sq. rods = 43560 sq. feet
1 sq. mile = 640 acres = 102400 sq. rods
1 sq. rod = 625 square links
1 sq. chain = 16 square rods
1 acre = 10 square chains

CUBIC MEASURE

1 cubic foot = 1728 cubic inches
1 cubic yard = 27 cubic feet
1 register ton (shipping measure) = 100 cu. feet
1 U.S. shipping ton = 40 cubic feet
1 cord = 128 cubic feet
1 perch = 24¾ cubic feet
1 cubic yard = 27 cu. feet = 46656 cu. inches
1 U.S. liquid gallon = 4 quarts = 231 cu. inches
1 imperial gallon = 1.20 U.S. gals. = 0.16 cu. ft.
1 board foot = 144 cubic inches

DRY MEASURE

2 pints = 1 quart
8 quarts = 1 peck
4 pecks = 1 bushel
1 bushel = 4 pecks
32 quarts = 64 pints
U.S. bushel = 2,150.42 cubic inches
British bushel = 2,218.19 cubic inches

(Metric Units)

LINEAR MEASURE

1 centimeter = 10 millimeters
1 decimeter = 10 centimeters
1 meter = 10 decimeters
1 dekameter = 10 meters
1 hektometer = 10 dekameters
1 kilometer = 10 hektometers
1 inch = 2.54 centimeters
1 meter = 39.37 inches
1 yard = 0.914 meter
1 mile = 1609 meters = 1.61 kilometers

SQUARE MEASURE

1 square centimeter = 100 square millimeters
1 square decimeter = 100 square centimeters
1 sq. meter = 100 sq. decimeters = 1 centar
1 ar = 100 centars
1 hektar = 100 ars
1 square kilometer = 100 hektars
1 square centimeter = 0.15 square inch
1 square meter = 1.20 square yards
1 square kilometer = 0.39 square mile
1 hektar = 2.47 acres
1 square inch = 6.45 square centimeters
1 square yard = 0.84 square millimeter
1 square mile = 2.59 square kilometers
1 acre = 0.40 hektar

CUBIC MEASURE

1 cubic centimeter = 1000 cubic millimeters
1 cubic decimeter = 1000 cubic centimeters
1 cubic meter = 100 cubic decimeters
1 cubic yard = 0.76 cubic meter
1 cubic meter = 1.31 cubic yards
1 liter = 1.06 U.S. liquid quarts
1 hektoliter = 100 liters = 26.42 U.S. liquid gallons
1 U.S. liquid quart = 0.94 liter
1 U.S. liquid gallon = 3.76 liters

CANDY, JELLY, JAM, PRESERVES

FUDGE

Frances Stratton

2 c. granulated sugar
2/3 c. milk

Bring to boil. Add 3 tablespoons chocolate, stir until melted. Cook 10 minutes. Add 2 large tablespoons butter. Cook 10 minutes longer. Add 2 teaspoons vanilla. Beat until it hardens and begins to granulate. Pour into buttered pans.

DIVINITY FUDGE

Frances Stratton

3 c. sugar
2/3 c. Karo (white)
1/2 c. water
2 egg whites
1/2 c. chopped nuts
1/2 c. chopped raisins or chopped Maraschino cherries
1 tsp. vanilla
1/4 salt

Boil sugar, water and Karo to hard-ball stage. Beat whites stiff and gradually pour on hot syrup, beating constantly. When mixture begins to stiffen, add nuts and fruit and vanilla. Drop from spoon onto greased platter.

DIVINITY

Frances Stratton

2 c. sugar
1/2 c. corn syrup
1 c. water
2 egg whites
1/2 c. nut meats or cup of chopped dates
1/2 tsp. vanilla

Boil first three ingredients to hard-ball stage. Pour syrup over stiff whites and beat constantly. Add vanilla and nuts or fruit. Beat until creamy. Spread on buttered pan. Cut into squares when cool.

CHOCOLATE FUDGE

Sarah Sellers

1 large can milk
4 1/2 c. sugar
1 cube butter
1 large pkg. sm. chocolate chips

Boil together for 10 or 12 minutes with wooden spoon.

Pour over one large package Nestle's semi-sweet chocolate chips, 1/2 lb. of nuts, 6 or 8 oz. marshmallow cream, add two teaspoons vanilla. Beat until creamy and pour into greased pan. Chill.

ROSE JELLY

Elizabeth Brunswick

Wash rose petals and snip off white center. Pack one solid cup of petals and clip in half. Add juice of one lemon and 2 1/2 cups of sugar and 3/4 cup water and blend until sugar is dissolved. Stir one package of Sure Jell into 3/4 cup water and boil hard for one minute, stirring constantly. Pour pectin into rose sugar mixture and blend slowly. Pour into jars and put wax on top.

UNCOOKED FUDGE

Ruth Surbrook

3 lb. powdered sugar
1/2 c. butter
salt
3/4 c. cold strong coffee
1/2 c. cocoa or 4 squares dipping chocolate

Combine powdered sugar and melted butter. Add cocoa to strength desired and Add nuts. Knead well working in the nuts desired.

PARADISE PEAR JAM

Rose Berry

5 c. ground pears
2 c. crushed pineapple
5 c. sugar
1 orange
1 lemon
1 box powdered pectin

Grind pears, remove rinds from orange and lemon in quarters, discard 1/2 of white part of rinds. Slice rinds, chop orange and lemon them combine all fruits. Mix pectin into fruit. Place over high heat and stir until mixture comes to boil. At once stir in sugar and bring to a full rolling boil and boil hard for 1 minute, stirring constantly. Remove from heat, stir and skim for 5 minutes. Put in jars and seal.

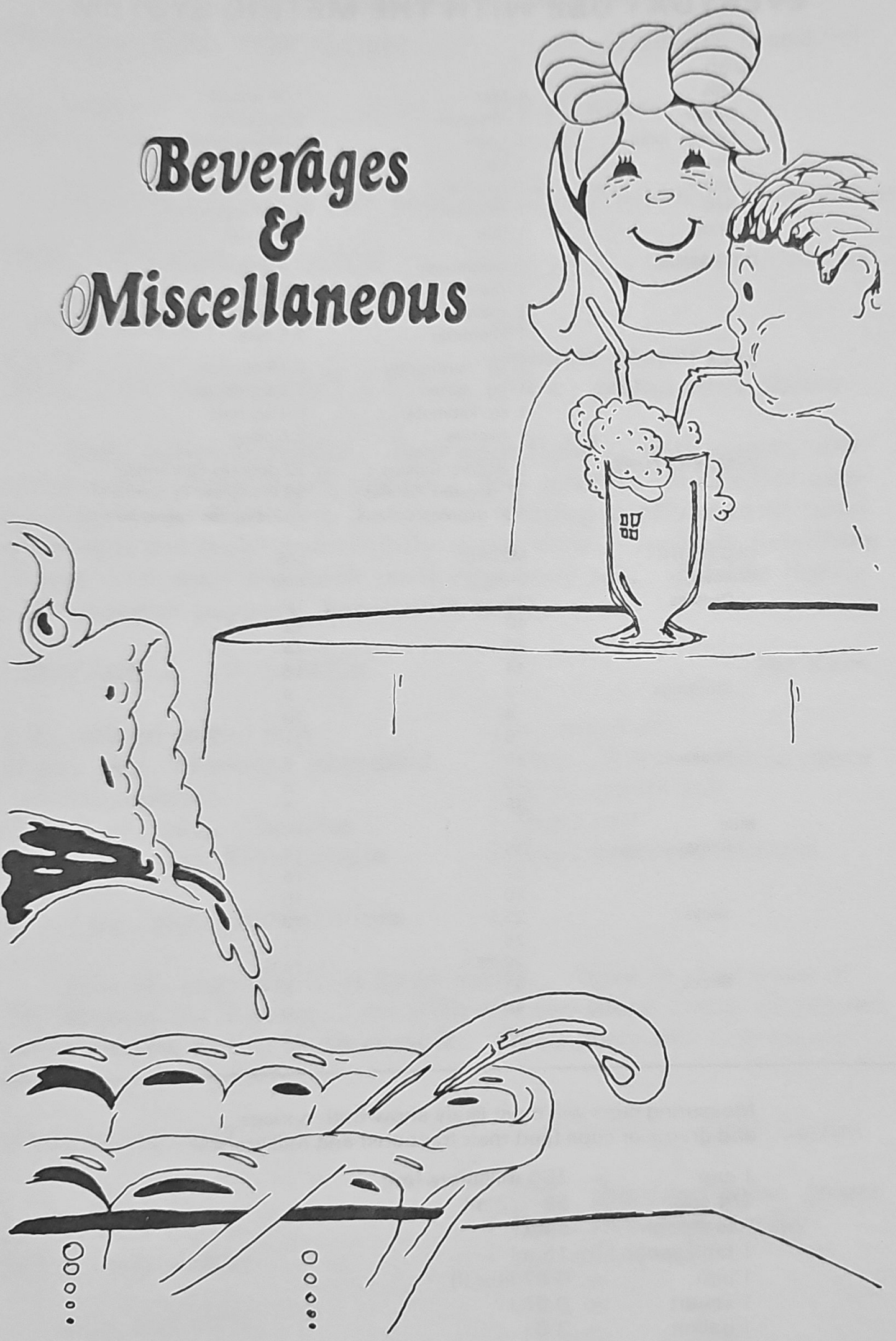
RHUBARB JAM

Rose Berry

5 c. diced rhubarb
3 c. sugar

Let stand overnight. Next A.M. bring to a boil, level 5 minutes. Add 1 - 3 oz. pkg. strawberry jello. Stir, put in jars and freeze, keeps good on a shelf.

Beverages & Miscellaneous



EVERYDAY USE WITH THE METRIC SYSTEM

FOOD		
Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints
DISTANCE	1 centimeter	0.4 inches
	1 meter	3.3 feet
	1 meter	1.1 yards
	1 kilometer	0.6 mile
AREA	1 sq. centimeter	0.16 sq. inch
	1 sq. meter	1.2 sq. yards
	1 sq. kilometer	0.4 sq. mile
	1 hectare	2.5 acres
TEMPERATURE	0 degree Celsius	32 degrees Fahrenheit
	37 degrees Celsius	98.6 degrees Fahrenheit
	100 degrees Celsius	212 degrees Fahrenheit

CLOTHING	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11 ½
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	=	250 milliliters (ml)
1/4 cup	=	62-1/2 ml
1 teaspoon	=	5 ml
1 tablespoon	=	15 ml
1 pint	=	0.47 liter (l)
1 squart	=	0.95 l
1 gallon	=	3.8 l
1 liter	=	2.1 pint
1 liter	=	1.06 quart
1 liter	=	0.26 gallon

BEVERAGES, MISCELLANEOUS

CRYSTALLIZED POP CORN

Elizabeth Brunswick

1 c. sugar
butter, size of a walnut
1/2 c. water

Boil till it threads then pour over 2 1/2 quarts of popped corn.

SWISS SCRAMBLED EGGS

Frances Stratton

2 Tbsp. butter
8 eggs
1/3 c. light cream or 1/2 & 1/2
salt
cayenne pepper
3/4 c. grated swiss cheese

Melt butter in skillet. Beat eggs lightly, with cream, salt and pepper. Fold in 1/2 cheese. Pour mixture into skillet over medium heat. Heat 2 to 3 minutes, stirring gently several times until eggs are moist and slightly under done. Sprinkle remaining cheese over eggs and cook until eggs have set. Sprinkle lightly with cayenne pepper. Serve with toast.

SCRAMHE A TV SNACK

Pat Kerr

2 lb. mixed salted nuts
12 oz. pkg. bite-size (shredded wheat squares)
10 1/2 oz. pkg. Cheerios
6 1/2 oz. pkg. Rice Krispie squares
6 1/2 oz. pkg. pretzel sticks
2 c. salad oil
2 Tbsp. Worcestershire sauce
1 Tbsp. garlic salt
1 Tbsp. salt
1 Tbsp. prepared mustard

Mix all ingredients in large roaster. Bake in slow oven of 250 degrees for 2 hours. Stir with wooden spoon every 15 minutes being careful not to crush cereals. Good party mix and serves 10–12 very generously.

VEGETABLE DIP

Kerri Currah

1 tsp. dill weed
2/3 c. sour cream
2/3 c. mayonnaise
1 Tbsp. shredded onion greens
1 Tbsp. shredded parsley
1 tsp. dill weed

Mix and chill.

Write your extra recipes here:

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